

# A to Z English

## A to Z Quick Chat 40: What do you eat for breakfast?

In this Quick Chat episode, Kevin, Xochitl, and Jack talk about what they usually eat for breakfast. Share your breakfast menu with us and other listeners in the Whatsapp group or by email. (atozenglishpodcast@gmail.com)

**Join our WhatsApp group here:** <https://forms.gle/zKCS8y1t9jwv2KTn7>

**Check out Jack's course books here:**

[http://www.darakwon.co.kr/books/listProduct.asp?pc\\_id\\_2=7&pc\\_id\\_3=29](http://www.darakwon.co.kr/books/listProduct.asp?pc_id_2=7&pc_id_3=29)

**Send questions and comments to:** [atozenglishpodcast@gmail.com](mailto:atozenglishpodcast@gmail.com)

**Intro/Outro Music:** Eaters, song Dig Your Own Soul  
(eatersmusic2000) <https://freemusicarchive.org/music/eaters/an-evening-with-tuck-pendleton/dig-your-own-soul/>

**Tik Tok:** atozenglish1

**Instagram:** atozenglish22

**Twitter:** atozenglish22

### Full Transcript

**00:00:00**Kevin

Welcome to an A-Z English click chat. We've got an interesting topic for today that we'll see where the conversation goes.

**00:00:06**Kevin

Remember to check our website for a transcript and information and links to our social media so you can join in the conversation as well.

**00:00:14**Kevin

And good morning Jack and good evening social, but it's morning for for Jack and I today when we're recording this.

**00:00:18**Jack

Yes, good.

**00:00:23**Kevin

Did you have any breakfast today, Jack?

**00:00:26**Jack

I did actually.

**00:00:27**Jack

I had a bowl of cereal and I had a banana.

**00:00:33**Kevin

Is that a pretty normal breakfast for?

**00:00:34**Jack

You you know it kind of changes from day-to-day, so sometimes I'll have I'll.

**00:00:40**Jack

I'll cut up an apple and eat.

**00:00:42**Jack

An apple for breakfast.

**00:00:42**Kevin

That's good.

**00:00:44**Jack

And usually, and then I'll have like a piece of bread with some peanut butter and maybe some jam on there, sometimes nice.

**00:00:53**Kevin

I love PB and J.

**00:00:54**Jack

Yeah, yeah, that's a good way to start.

**00:00:57**Jack

Start the day and I always have, uh, cappuccino.

**00:01:01**Kevin

Ah, coffee straight in the morning, nice.

**00:01:05**Kevin

So what about?

**00:01:06**Kevin

You what do you usually eat for breakfast?

**00:01:09**Xochitl

So most breakfast foods in Mexico are savory.

**00:01:12**Jack

Hmm, what is what?

00:01:13 Xochitl

Not sweet.

00:01:14 Jack

What does savory mean exactly?

00:01:16 Xochitl

Ohh good good question.

00:01:18 Xochitl

So Savory is the food, not exactly salty.

00:01:22 Xochitl

But it tends.

00:01:23 Xochitl

More towards the salty end of the spectrum.

00:01:26 Xochitl

It's like a very comforting food with a lot of depth of flavor and like stews are usually savory.

00:01:34 Xochitl

Or yeah, foods that are salty here.

00:01:37 Xochitl

Does that make sense, yeah.

00:01:43 Kevin

So what are some savory Mexican breakfasts?

00:01:46 Xochitl

Yeah, two like kilos are one of my favorites which are just like fried tortillas with salsa on top and usually has like a little bit of cheese and.

00:01:51 Kevin

I love your kitties.

00:01:59 Xochitl

Cream and you.

00:02:00 Xochitl

Can put like a side egg on it, which I really like to do.

00:02:04 Kevin

There was a restaurant in my college town that would do chilaquiles in for breakfast and that that place always had a massive.

00:02:12 Kevin

Lying waiting outside because it was so good.

00:02:15 Kevin

So this is.

00:02:16 Jack

Similar to a breakfast burrito or am I?

00:02:19 Jack

Is that just an American thing?

00:02:20 Xochitl

No, have you have.

00:02:22 Xochitl

You've never had two kills before.

00:02:23 Jack

No, I've never had one before.

00:02:25 Xochitl

Oh man, you gotta try them.

00:02:27 Xochitl

It's just like a crispy fried tortilla and then it's bathed in a salsa basically.

00:02:34 Xochitl

And on top of that they sprinkle.

00:02:37 Xochitl

Like cheese and it's like strips of tortilla, so it's not like a whole, but it's like cut.

00:02:41 Kevin

What's a bit different from the restaurant that I had that I was going to?

00:02:44 Kevin

But maybe it was a bit more like American College Town style as well, but anyway.

00:02:48 Xochitl

Ah, where I'm pleased.

00:02:50 Kevin

So you usually have that for breakfast.

00:02:53 Xochitl

Well, I'll have that.

00:02:54 Xochitl

We'll have like and free coladas which are tortillas bathed in bean sauce, black bean sauce.

00:03:00 Xochitl

Or I'll also have enchiladas.

00:03:03 Xochitl

Which a lot of you guys know which are just tortillas also bathed in salsa.

00:03:07 Xochitl

But the preparation just slightly differs every time, yeah?

00:03:10 Kevin

It's all tortillas.

00:03:11 Kevin

It's also just.

00:03:11 Xochitl

Yeah, it's kind of different sauces, but those are pretty tortillas and like beans or sauces are kind of a common morning staple in Mexico because beans have a lot of protein and then tortillas have carbs, so being a big agricultural country, especially Oaxaca, a lot of the.

00:03:12 Kevin

In a different way.

00:03:32 Xochitl

Food preparations are like energy sources, you know.

00:03:35 Kevin

Yeah, I do.

00:03:36 Kevin

Similar to Jack, I think for breakfast now I have just like some cereal.

00:03:40 Kevin

Or sometimes like a light sandwich or something, usually more like American styles of breads.

00:03:44 Kevin

Mostly for my carbs.

00:03:46 Kevin

When I was a student, I never ate breakfast, but now that I'm older and a teacher, I need some food or I have no energy for teaching.

00:03:57 Kevin

If I go into the classroom with nothing, I'm just I'm not a happy.

00:04:00 Kevin

Seven and so I need I need some.

00:04:01 Jack

I'm the same way.

00:04:02 Jack

I didn't eat breakfast until I was 30.

00:04:05 Jack

Like the idea of breakfast was, I mean I did eat breakfast when I was a kid, but in my teen years I stopped eating breakfast.

00:04:05 Kevin

No, it was only saying maybe.

00:04:12 Jack

I just thought I just thought it was disgusting to eat food in the morning like I had no appetite, just zero.

00:04:20 Jack

And then it went out to hit like 30 like a switch.

00:04:25 Jack

Just, you know, like a it just switched in me and all of a sudden I had to eat.

00:04:30 Jack

Breakfast and so I.

00:04:31 Kevin

Yeah, and I need food.

00:04:32 Jack

Was woke up really, really hungry.

00:04:34 Jack

It's really strange.

00:04:35 Jack

I don't know why I.

00:04:36 Jack

Just change like that, but I.

00:04:37 Jack

Guess I guess that could happen.

00:04:39 Kevin

What do you think of Korean style breakfast Jack cause American breakfast?

00:04:43 Kevin

We have very specific breakfast food kind of sounds like Mexico does a little bit but in Korea breakfast food.

00:04:50 Kevin

It's just the same as dinner.

00:04:52 Kevin

Food or lunch food.

00:04:52 Jack

Yeah, breakfast food is lunch, food and lunch.

00:04:53 Kevin

It's just.

00:04:54 Jack

Food is dinner, food and dinner.

00:04:55 Jack

Food is breakfast food, so it's just like eating lunch, lunch, lunch or dinner.

00:04:57 Kevin

Yeah, there's no no difference.

00:05:00 Jack

Dinner three times.

00:05:02 Kevin

For me, I love Korean food.

00:05:05 Kevin

It's amazing, but I can't do it for breakfast.

00:05:09 Kevin

There's just something we are having grown up in America because Korean food is rice for breakfast.

00:05:15 Kevin

It's rice and soup.

00:05:16 Kevin

It's the normal stuff and although I like bread for carbs tortillas sound good for carbs in the morning.

00:05:22 Kevin

As well, Rice just is too.

00:05:26 Kevin

I don't know.

00:05:26 Kevin

Heavy weird for me in the morning like I can't do it.

00:05:30 Kevin

It feels strange.

00:05:32 Xochitl

I have no problem.

00:05:33 Xochitl

With rice for carbs because we do that in Mexico too.

00:05:35 Xochitl

So like when I was in Korea, I eat like rice with with like 2 fried eggs on top for breakfast.

00:05:40 Xochitl

And calling today.

00:05:42 Xochitl

OK, but I also not so so I do skip meals.

00:05:45 Xochitl

Kind of frequently, especially breakfast, so you guys make me feel better about that.

00:05:49 Xochitl

I think it's kind of an American thing.

00:05:50 Xochitl

Though because I remember.

00:05:52 Xochitl

In Korea, people would be really shocked that I would skip meals.

00:05:54 Xochitl

And in Mexico people are really shocked that I skip meals, but in the US people.

00:05:58 Xochitl

Oh yeah, I didn't eat today until like 10:00 PM something.

00:06:02 Xochitl

It's kind of normal for our culture to not be.

00:06:06 Xochitl

That I'm.

00:06:08 Xochitl

Consistent with meal times.

00:06:10 Jack

Yeah yeah, I I'm the same way.

00:06:13 Jack

Actually, if I had a bowl of suit like if I.

00:06:17 Jack

Had a personal chef.

00:06:19 Jack

And so every day when I woke up, there's like a Korean, you know, Korean buffet of food.

00:06:26 Jack

Like you know, soup and side dishes and rice.

00:06:31 Jack

Eat that, no problem for breakfast, you know.

00:06:34 Jack

So I, I think I could eat Korean food for breakfast.

00:06:37 Jack

I just go with the easiest thing which is put some peanut butter on bread.

00:06:42 Jack

Cut an apple.

00:06:43 Jack

It's it takes 2 seconds.

00:06:45 Jack

You know to get ready.

00:06:47 Jack

That's why I eat that the the breakfast I do.

00:06:49 Jack

It's cereal is so fast.

00:06:51 Jack

You know to prepare Sam.

00:06:53 Kevin

So I'm I'm lazy in the morning.



00:06:54 Jack

Yeah me too.

00:06:55 Kevin

Nice, well for everyone out there listening then what do you do for breakfast?

00:06:59 Kevin

What's breakfast like in your country?

00:07:00 Kevin

Is it different from lunch and dinner?

00:07:03 Kevin

What kind of foods do you usually have and what foods are good for you?

00:07:07 Kevin

Or do you not even have breakfast?

00:07:09 Kevin

?

?

Do you just skip that?

00:07:11 Kevin

So we'll see everybody.

00:07:12 Kevin

Next week, enjoy your mornings, good breakfast.

00:07:15 Jack

Bye bye.

00:07:17 발표자

Can you dig it?