

School Lunches Around the World

第05回 English Extravaganza(Rebecca 先生放送原稿) Fri., October 14, 2016
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Hello! It's time for another English Extravaganza. You know that people in Japan usually eat a very healthy lunch of rice, fish, fruit, and vegetables. As we sit and eat our lunch right now, I want to give you examples of what students in other countries eat for lunch. Some countries cannot afford to give students that much food. In Malawi(マラウイ:アフリカ東南部の共和国), I read that about one typical lunch which was grits(あらびき穀物), beans and cabbage. I thought it looked like a good meal, but each plate feeds two children!

Many countries, though, can give students a full and healthy meal. In Korea, most school cafeterias use sectioned metal trays. There are two big sections, one for rice and one for soup. There are also three small sections for side dishes like kimchi, vegetables, and fish.



ITALY

In Italy, school lunches are made from organic ingredients, mostly grown nearby. Meals are usually centered around pasta or risotto and salad.

Meat is usually only eaten a couple times a week. In Spain, students might get shrimp(小エビ) with brown rice, gazpacho(ガスパーチョ:冷やして出す野菜スープ), peppers, bread, and an orange. And in Finland, students might eat pea soup, beet salad, carrots, bread, and pannakkau(デザートの薄めのパンケーキ), a dessert pancake with berries.

An example of a lunch from Greece would be chicken with orzo(オルゾー:米粒ほどの大きさ・形のスープ用パスタ), tomato and cucumber salad, oranges, and yogurt with fruit.



GREECE

In Brazil, school lunches usually come with rice and beans, bread, meat with vegetables, and a piece of fruit. Estonian lunches are usually meat, potatoes, and a vegetable, like carrots. In the US, school lunches are not very healthy. A typical lunch is chicken nuggets, mashed potatoes, peas, and a cookie or brownie. In high school, students can choose what they want to eat from a buffet(セルフサービス式の食事), which sometimes has pizza, nachos, chips and cake as options.

So, which country would you want to eat lunch in? I hope you enjoyed listening and I'll be back next week with more English Extravaganza.



BRAZIL



USA

