

Eating Habits

In Hispanic countries, a light meal is served for breakfast. Lunch, referred as *el almuerzo*, usually is the main meal of the day for Spanish-speakers. In some countries, it is customary for adult family members and children to come home from work or school for about two hours to be together for this meal. *La siesta*, which is a rest period taken after lunch, is known to be a common practice among adult Hispanics. In the early evening, *la merienda*, a light snack of coffee and rolls or sandwiches, is served. This meal is often very informal and may be just for children. In the evening, often as late as 9:00 p.m, *la cena*, a small supper, concludes the day's meals. Once settled in the United States, most Hispanics adopt the three-meal system. Midday and evening meals are important family or social events. Especially when guests are present, the meal may be followed by the *sobremesa*, a time to linger and talk over coffee or perhaps an after-dinner drink. Usually when food or additional servings are offered to Hispanics, they tend to accept only after it is offered a second or third time.

<http://ohioline.osu.edu/hyg-fact/5000/5237.html>



- Instructions:** Read the small article above regarding the meals in Hispanic countries and meals of Hispanics here in the US. Write in the chart below the customs of each group. In the right hand column, write the eating practices of your family.

| Los paises hispanos | Los hispanos en los EEUU | En mi casa |
|-------------------------------------|--------------------------|------------|
| <p>Breakfast: Light meal</p> | | |

- With a partner, compare your charts and make changes.**

Type 2: Imagine you're trying to explain your family's eating habits to someone in Mexico. How would you explain your daily eating habits? Describe the main similarities and differences between your daily routine and theirs. **Use at least 3** examples from the text above to prove your point.
