

Let's visit ...

South Africa!

1 Read about food in South Africa.

IT'S A FACT!

One ostrich egg weighs the same as about 24 chicken eggs!



Big Breakfast

Many children all over the world have cereal, toast and eggs for breakfast. But in South Africa, if you go to an ostrich farm, there are omelettes on the breakfast menu – very big omelettes made from ostrich eggs! Ostrich eggs taste the same as chicken eggs, but they have very hard shells. You can jump on an ostrich egg and it won't break! Children in South Africa eat really delicious and healthy food for lunch and dinner. There are traditional meat, chicken and fish dishes and lots of healthy snacks like cherries, strawberries and grapes.

2 Find and write.

- 1 What three things do many children have for breakfast?
- 2 Why are some omelettes special in South Africa?
- 3 What snacks do South African children eat?



Think Twice

- 1 Compare your breakfast with a South African breakfast. Are they similar? What's different?
- 2 Why do you think it is important for ostrich eggs to have such hard shells?