Healthy breakfast



Healthy salad for breakfast.

Comparison

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| German Students | Polish students |
| Most students eat breakfast in short time 5-15 minutes. | Polish students had the same choices. They are in a hurry. Some of them go to school by school bus, and their journey takes even one hour. So they can eat something in the bus and in the classroom before lessons. |
| Most students have breakfast. Only few don’t eat before school. | As German students, Polish students have breakfast and they say they are know how important having breakfast before leaving home is. |
| German students drink all drinks. | Polish students mostly drink water, tea, juice milk but don’t drink coffee or seldom drink smoothe. |
| Most students have second breakfast. They have mostly sandwiches. They eat sandwiches with something healthy example: vegetables. | Most students have second breakfast. They make own sandwiches or sometimes their parents prepare snaks also with salad, tomatoes and cucumbers. |
| Students think their breakfast is tasty and they enjoy having breakfast with friends | Students think their breakfast is tasty and they enjoy having breakfast with friends |