

Healthy breakfast



Healthy salad for breakfast.

Comparison

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

