

Food we like

Three people from different parts of the world describe what they eat every day.

Scott Morgan, Australia



Name: Scott Morgan

Age: 35

Lives: Bondi Beach, Australia

Works: At the University of Sydney



Australians usually eat a big breakfast. We like sausages, bacon and eggs, and lots of Vegemite on toast!

At 12.00 I have lunch. I usually just have a sandwich because I'm so busy. I'd like to eat in the university canteen more often – it has lots of different types of food, from Thai curries to Mexican burritos.

In the evening and at the weekend we have BBQs. The weather is good in Australia and in the summer we cook a lot of our food outside. I like doing the cooking when we have a BBQ. My children love hamburgers and kebabs, and I do, too! My wife doesn't like red meat but she loves chicken and fish. I always drink a nice cold beer with my burger. Then we go for a walk on the beach. Perfect!



Min-Jun Gang, South Korea



Name: Min-Jun Gang

Age: 26

Lives: Seoul, South Korea

Works: At Samsung Electronics



I get up early, at 6 o'clock, so I usually just drink a cup of tisane. We drink a lot of herbal tea in South Korea and tisanes are my favourite, they are very healthy.

I take the subway to work and eat an apple on the train. I always have an early lunch, usually around 11.30. I like kimbap – this is egg, ham or fish, and vegetables in rice and seaweed. It's very good. Samsung has an excellent gym and I like going there after work. I'd like to go more often but I'm always very tired and hungry at the end of a long day.

In the evening I visit my mother. She likes cooking for me. She makes jjigae and kimchi – this is stew and cabbage with rice.



Hanna Varga, Hungary



Name: Hanna Varga

Age: 42

Lives: Budapest, Hungary

Works: In a hotel



For Hungarian people, breakfast is a big meal. We think it is important to eat a good meal at the start of the day. My family has bread, sausage, cheese and peppers or tomatoes. Sometimes we eat bread and butter with jam, and we drink tea or cocoa.

I like riding my bike to work. Budapest is a beautiful city and it's a lovely start to my day. I'm a receptionist at a busy hotel in the city centre. I don't have time for lunch. I have a snack at about 2.00, usually a cheese and salami sandwich and a strong cup of coffee. I sometimes have some rétes too – a delicious strudel with fruit.

In the evening we have dinner at 8.00 – goulash or chicken paprikash and potatoes are our favourites.

I'd like to go for a run in the evening but I'm too tired and too busy. Maybe one day when I have more time!