



“Breakfast” @ <http://www.youtube.com/ESL4free>

Write ONE WORD or NUMBER in the spaces

- Having (1)\_\_\_\_\_ meals a day was commonly observed during the Middle Ages, although there were time variations according to the (2)\_\_\_\_\_ and the region.
- The priest Thomas Aquinas believed breakfast was a (3)\_\_\_\_\_ because it was linked to gluttony.
- Eating a morning meal was identified with being (4)\_\_\_\_\_ because it was needed to provide (5)\_\_\_\_\_ for farmers and labourers while working in the morning.
- When King Henry III of England was travelling in 1255 he was supplied with (6)\_\_\_\_\_ gallons of wine.
- In the 13th Century, (7)\_\_\_\_\_ was not part of morning meals, but bread and (8)\_\_\_\_\_ were sometimes eaten.

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### DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING

**Ale:** a type of beer.

**Entourages:** a group of people or special employees that accompany and important person.

**Erratic:** unpredictable; unreliable.

**Gluttony:** greedy and excessive consumption of food.

**Indulge:** spoil; pamper.

**Literal:** accurate; factual.

**Lusty:** forceful; vigorous; lively.

**Overindulgences:** having too much of something, such as food or drink.

**Pilgrimage:** journey to a holy or religious place.

**Superfluties:** additions; unnecessary extras.

**Sustain:** maintain; keep going.