I. ¡Buen Provecho!: Restaurant Terms and Verbs

Student Resource Page: ¡Buen Provecho!

	the breakfast		the spoon
	the lunch		the knife
	the snack		the napkin
	the dinner		the waiter
	the food/ the meal		the bill
	the drink		the tip
	the menu		to pay
	the restaurant		to cook
	the plate		to prepare
	the glass		to wash
	the bowl		the fork
	the cup		vegetarian

¡REPASO! -AR Verb Endings

yo		**nosotros**	
tú		**vosotros**	
él/ella/usted		**ellos/ellas/ustedes**	

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Nota Cultural: ¡Buen Provecho, México!

Meals in Spanish-speaking countries are usually different from how most people eat in the U.S. What is your biggest meal of the day? At what times do you usually eat?

Breakfast can vary quite a bit in Mexico. It might be very light—rolls and cheese, maybe a piece of fruit or two or some sweet, caramel-like *dulce de leche* spread on bread and enjoyed with fresh-made juice or coffee with milk: *café con leche*. Sometimes, it could be *quesadillas*, perhaps cereal and yogurt, and sometimes it might be a delicious pile of *chilaquiles*—fried tortillas layered with salsa, cheese, *crema* (like sour cream), and maybe chicken or egg.

In general, families in Spanish-speaking countries have lunch as the main meal of the day. It is *el almuerzo*, and it's usually eaten in the early afternoon, around one or two o'clock. Many people in Mexico have two hours off for lunch so that they can go home and enjoy it with their families. Especially in mid-size and smaller cities, many businesses may close down completely during the early afternoon and open again after lunch. It's fairly common at lunches to have some meat, although chicken and pork are more common than beef in most places, and the meat is often mixed into a soup or stew rather than served in a large steak, fillet, or pork chop. Meat is a complement to other dishes like rice, beans, and tortillas—it's not the whole lunch! Also, while dining in Mexico, you might occasionally find a bit of meat you aren't used to seeing, such as a chicken foot flavoring the *sopa de lima* (lime soup) in the Yucatán Peninsula, or a *burro de lengua* (cow tongue burrito) in the state of Sonora. Although this will probably surprise you the first time, don't jump to the conclusion that it must taste terrible or that it's gross. Meat usually tastes like meat, which means that cow tongue tastes a lot like steak (but not nearly as tough as steak), and a chicken foot will give the flavor of chicken to the soup. Besides, unless you were raised vegetarian, chances that you have been eating foods like that for years! In the U.S., most people regularly eat similar meat products, except they usually eat them ground up and served in a variety of processed foods and don't know they're eating them.

But enough about lunch! Dinner is usually a much lighter meal, and it can be eaten later—seven, eight, or even nine at night. Dinner could include a couple quesadillas and salsa or a little bit of leftover lunch.

So, what Mexican dishes have you tried? What would you like to try? What do you think about having a big meal in the middle of the day and a small dinner?

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