

Different Mealtimes Around the World

Article: Different Mealtimes Around the World

People eat meals at different times around the world. In some places, people eat dinner early. In others, they eat very late. Mealtimes depend on culture, weather, and daily life.

In the United States and the UK, dinner is often between 5 p.m. and 7 p.m. In Spain, people eat dinner much later, sometimes at 9 or even 10 p.m. In India, dinner is usually around 8 p.m., after work and family time.

In France, lunch is very important and often lasts one or two hours. In some countries, like Mexico, people eat their biggest meal in the afternoon, not at night.

People eat when it fits their life. There is no “right” time. What matters is sharing food, enjoying it, and feeling full and happy.





Vocabulary Practice

Word / Phrase	Definition
Meal	The food eaten at one time (like breakfast or dinner)
Dinner	The evening meal
Culture	The way people live, including food, habits, and beliefs
Daily life	The normal things people do each day
After work	The time when people finish their jobs for the day
Important	Something that matters or has meaning
Share	To use or enjoy something with other people
Enjoy	To like or have fun with something
Feel full	To eat enough and not feel hungry
Weather	Sun, rain, heat, cold; outside conditions that change each day

Comprehension Questions

1. What time do people usually eat dinner in Spain?
2. Which meal is very important in France?
3. When do people in India usually eat dinner?
4. Why do mealtimes change in different countries?
5. What is more important than the time of the meal?



Discussion Questions

1. What time do people usually eat dinner in your country?
2. Do you eat at the same time every day?
3. What time do you feel most hungry?
4. Would you enjoy eating dinner at 10 p.m.? Why or why not?
5. Have you tried eating at a different time when visiting another country?
6. What is your biggest meal of the day?
7. Is breakfast, lunch, or dinner more important to you?
8. Do you enjoy long meals or quick meals?
9. Do you think eating together is important?
10. What mealtime from this article do you find interesting?