I love rice for breakfast

April Dangul, 26, from Cebu, Philippines, has been in Singapore for three and a half years and works as a staff nurse in a local hospital.

What was breakfast like back home?

We mainly eat a solid cold rice soup – garlic rice, pea sprouts and your choice of sweet or salty meats or fish. It is very important to visit a rice shop and have the rice prepared as you like.

What is your breakfast in Singapore like?

I have eggs and rice and a cup of Milo. I have time, I make pancakes. I usually try to break (a round rice usually served with vegetables and sweet child) and bar mein (Chinese traditional noodle dish) which I like from the eastern union. When I imaginehaving to do a breakfast, my mom put a cake and milk in the fridge. That is how Korean breakfast can be prepared in just under 10 minutes.

What is your breakfast in Singapore like?

The locals ride motorbikes everywhere. With our own transport, we have more time to have a proper meal.

What was breakfast like back home?

I used to have rice soup with garlic. Sometimes, it’s rice with whatever and soy sauce. Sometimes I have it with vegetables. Sometimes we have it with meat and vegetables. Vietnamese people really enjoy cold breakfast. We eat eggs, vegetables and meat while eating certain food and cheaper to eat dawn street stalls. The locals ride motorbikes everywhere. With our own transport, we have more time to have a proper meal.

What is your breakfast in Singapore like?

I love rice for breakfast. Sometimes, I skip it because I have to rush to school. Breakfast is important but it is only 10 minutes. I have to keep myself awake during lectures. I take green tea. It’s a Vietnamese favourite and it’s good for health.

Breakfast, old and new

Foreigners share their change in diet on moving to S’pore

ASHLEY CHIA

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FOR some foreign-born residents, breakfast was regular and complete, bordering on gluttony. But for others, it was just an afterthought. Here is what they have to say.

THE NEW PAPER ON SUNDAY

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TOO BUSHY FOR GOOD MEALS

Above: Ms Ksenia Smirnova, 21, from Moscow, Russia, is in her first year at the Nanyang Academy of Fine Arts where she intends to major in Illustration. She came to Singapore in July last year and shares an apartment with housemates.

What was breakfast like back home?

I grew up in Estonia but because my family is Russian, my food habits are also Russian. My mom would cook milk porridge (porridge made of rice and honey or oats) and then cook fried rice or noodles with more chilli, we love spicy food. Breakfast was about an hour after waking up early so I can’t take breakfast. I eat it at school. I have no reason to skip breakfast.

What is breakfast like in Singapore?

Because of the oil but I enjoy it. Sometimes I’m just lazy. I have a new apartment so I just had to get ready, eat and leave quickly.

What was breakfast like back home?

I used to have rice and beans for breakfast. Sometimes, I would have stew because it was rich and filling. I would eat rice for lunch and dinner. I would eat as much as I could.

What is breakfast like in Singapore?

My stomach is accustomed to it. I usually have rice for lunch and dinner. I don’t eat as much as I used to because I don’t have time.

What was breakfast like back home?

I grew up in Hong Kong so I had a lot of freedom to have breakfast. I still keep my habit of drinking tea in the morning. Sometimes, I would have a cup of tea with milk.

What is breakfast like in Singapore?

Breakfast is really important to me. If I don’t eat it, I tend to eat more at lunch or dinner. I make the effort of eating breakfast before going to school so I don’t have to rush to school.

What was breakfast like back home?

My mother made breakfast for me because I don’t have time. I have to keep myself awake during lectures. I take green tea. It’s a Vietnamese favourite and it’s good for health.

RICE, SANDWICHES

(Mixed) Ms Thea Neo Hwee Ang, 19, from Yangon, Myanmar, who has been in Singapore for three years, is taking her degree at SIM Global Education.

What was breakfast like back home?

I used to have my aunties who would cook fried rice or curry noodles with oil and meat. I would eat it with a spoon and fork (a needle and fork with vegetables, fish sauce and preserved ginger slice and that costs only S$4). We also have many kinds of bread, like red grape and pav. In Myanmar, we can eat, “Eat your breakfast like a king, your lunch like a prince and your dinner like a pauper.” Breakfast is the most important meal of the day and I never go without it.

What is breakfast like in Singapore?

My parents are in Singapore with me, so my mother cooks fried rice or noodles for breakfast. But sometimes I’m in a hurry, I have to watch a show, or a seminar, or buffer meals from the canteen. I usually have flat bread.

What was breakfast like back home?

It’s become very light. But I’ve recently moved and the food around my homeso I just had to get ready, eat and leave quickly.

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