

Breakfast Trivia

This activity includes 30 questions about breakfast. The questions are accompanied by the answers and additional information for discussion.

There are several activity possibilities:

- For a group activity, read and discuss the trivia questions and answers. Also, print the [picture pages](#) to pass around during the activity.
- For independent activities, print and distribute fill-in-the-blank copies of the [questions without the answers](#). Also available are the [questions with the answers](#).
- Post one or more of the trivia questions on your bulletin board every day or so throughout the month, using this [special sign](#).



Trivia Questions and Answers

1. What breakfast item is made by soaking bread in a milk-and-egg mixture and then putting it on a griddle?

Answer: French toast. Amazingly, French toast did not originate in France. In fact, the earliest recorded recipe for a dish resembling French toast was found in a fourth-century Roman cookbook!

2. What does IHOP stand for?

Answer: International House of Pancakes. Although the restaurant chain debuted in 1958, it wasn't until a 1973 marketing campaign that the acronym *IHOP* took hold.

3. What fried egg dish is flipped over so that the yolk comes in contact with the pan only briefly?
Hint: It leaves the yolk runny.

Answer: Over easy. The “easy” in *over easy* refers to the yolk being left wet. It is also possible to order eggs over-medium or over-hard, which makes the yolk firmer.

4. What is the name of the breakfast dish that is made from ground corn?

Answer: Grits. The consumption of grits can be dated back to the Native Americans. Grits are a long-standing staple in the American South and are typically topped with butter, sugar, honey, and/or cinnamon.



5. What breakfast food has a hole in the middle and is often topped with cream cheese or lox?

Answer: Bagels. The bagel as we know it today dates back to 1683 in Poland.

6. Which country is credited with inventing the dish known as “Eggs in Purgatory”?

Answer: Italy. The dish is made with poached eggs in tomato sauce.

7. What cereal mascot for Frosted Flakes is known for saying, “They’re Grrreat!”?

Answer: Tony the Tiger. The cereal of sugar-coated cornflakes was introduced in 1952 as Sugar Frosted Flakes. However, it’s been simply Frosted Flakes since 1983.



8. What is the name of the Mexican breakfast dish made with corn tortillas, fried eggs, and salsa?

Answer: Huevos rancheros. *Huevos rancheros* translates to “farm or ranch eggs.” It is a country food from northern Mexico.

9. What is one of the two names of a cured meat invented by John Taylor in New Jersey?

Answer: Taylor ham or pork roll. In 1856, Taylor introduced New Jerseyans to his creation and called it Taylor ham. However, when federal legislation declared that ham is a specific cut of pork in 1906, the name was changed to pork roll. The debate over which name to use lives on.

10. What is the name of the sauce that has butter, egg yolks, lemon juice, and pepper? **Hint:** It is used to complete an eggs Benedict breakfast.

Answer: Hollandaise. Although the sauce’s name may indicate roots in Holland, it traces back to northern France. Did you know that when the heat becomes too high on a Hollandaise sauce, it’s called breaking? Doing so causes the egg yolks to curdle and the sauce to become grainy.



11. What is the name of the popular British breakfast dish made with sausages wrapped in bacon and pastry: pigs in a blanket, toad in the hole, or bangers and mash?

Answer: Toad in the hole. The English dish is typically made in a Yorkshire pudding batter and served with onion gravy and vegetables.

12. What brand debuted Cheerios in 1941?

Answer: General Mills. They were introduced as Cheerioats.

13. What major fast-food chain introduced the first national breakfast menu in 1977?

Answer: McDonald’s. While the national breakfast menu rollout occurred in 1977, the corporation began experimenting with this idea as early as 1971. The ’71 continental breakfast menu included the famous Egg McMuffin sandwich.

14. What is the name of the breakfast that consists of bacon, sausage, eggs, potatoes, beans, soda bread, tomatoes, mushrooms, and white or black pudding?

Answer: Full Irish breakfast. The full Irish breakfast was initially served as workers prepared for a full day of work on the farm. The motto in Ireland is said to be: “Eat breakfast like a king, lunch like a prince, and dine like a pauper.”

15. What is the popular breakfast side dish made of thinly cut potatoes that are fried until golden brown?

Answer: Hash browns. The first iteration of a hash brown recipe is credited to cookbook author Maria Parloa in 1888, and the original dish consisted of chopped meats mixed in with the potatoes.



16. What is the name for an ultra-thin and delicate pancake?

Answer: Crepe. In French folklore, there is a tale that crepes were invented by accident when a housewife in Brittany, France, accidentally spilled buckwheat porridge from a kettle on to a flat cooking stone.

17. What is the famous 1970s tagline Eggo used in their advertising campaigns?

Answer: “L’Eggo my Eggo!” Creator Frank Dorsa invented a system where he made waffles with a waffle iron and quickly flash-froze them. They were intended to make it easy to have a hot breakfast without doing much work.

18. What breakfast food is traditionally and currently eaten on the Tuesday before Ash Wednesday in places like the United Kingdom and Ireland? (**Hint:** Typically, this food is topped with syrup and butter and served in a stack formation.)

Answer: Pancakes. Known as Fat Tuesday in some places, others like the United Kingdom and Ireland refer to the day before Ash Wednesday as Shrove Tuesday or Pancake Day. Pancakes were a good way to use up rich ingredients that could not be eaten after Ash Wednesday.



19. What breakfast cereal is known for featuring a leprechaun as its mascot?

Answer: Lucky Charms. The cereal debuted in 1964 with bells, fish, arrowheads, clovers, and X-shaped oat pieces. The marshmallows at the time were shaped like green clovers, pink hearts, orange stars, and yellow moons.

20. What is the name of the French-style fried doughnuts that are topped with powdered sugar?

Answer: Beignets. The beignet was named the official state doughnut of Louisiana in 1986.

21. What are the ingredients of a western omelet, aka Denver omelet?

Answer: Ham, onions, green bell peppers, and occasionally cheese. Some historians believe the dish was originally served on bread as a sandwich in the 19th century.

22. What is the name of a variety of breakfast items wrapped in a tortilla?

Answer: Breakfast burrito. The breakfast burrito's origin is still up for debate, but they became widely popular in the New Mexico area during the 1970s. Rooted in American, Mexican, and Latin cuisine, the breakfast burrito has become so popular that fast-food chains such as McDonald's and Taco Bell offer them on their menu.



23. Along with the eggs and English muffin, what is the primary ingredient in a classic eggs Florentine?

Answer: Spinach. The dish includes poached eggs with cooked spinach and a hollandaise sauce on top.

24. What is the name of the breakfast pastry that is made up of layers of flaky dough?

Answer: Croissant. Although all grocery stores stock frozen croissants that need only a few minutes in the oven before being enjoyed, this technology was not introduced until 1981, when the Sara Lee company pioneered a way to freeze the pastries.

25. What restaurant is famous for its "Grand Slam" breakfast option that consists of pancakes, eggs, bacon, and sausage?

Answer: Denny's. Denny's Grand Slam was introduced in 1977 in the Atlanta location as a nod to the city's baseball hero, Hank Aaron.

26. What breakfast item is made with a light batter and has deeper pockets and wider squares than its American counterpart?

Answer: Belgian waffle. The Belgian waffle became wildly popular in 1958 thanks to chef Maurice Vermeersch, who introduced them at a world fair in Belgium. Following its popularity, it was introduced to the United States by a Belgian man named Walter Cleyman at an expo in Seattle.

27. What breakfast spread is made from plant nectar and never spoils?

Answer: Honey. Even 3,000-year-old honey found in Egyptian tombs has been found to still be edible.

28. What hot drink is known for its high caffeine content and popularity around the world?

Answer: Coffee. Coffee has been around since AD 800. Today, Brazil makes one-third of the world's coffee.



29. What fruit is commonly used to make mimosas?

Answer: Oranges. The orange juice is mixed with chilled sparkling wine.

30. What breakfast cereal is associated with a character named Toucan Sam?

Answer: Froot Loops. Kellogg's introduced the brightly colored circular cereal with its fruity flavors in 1959.



French Toast



Grits



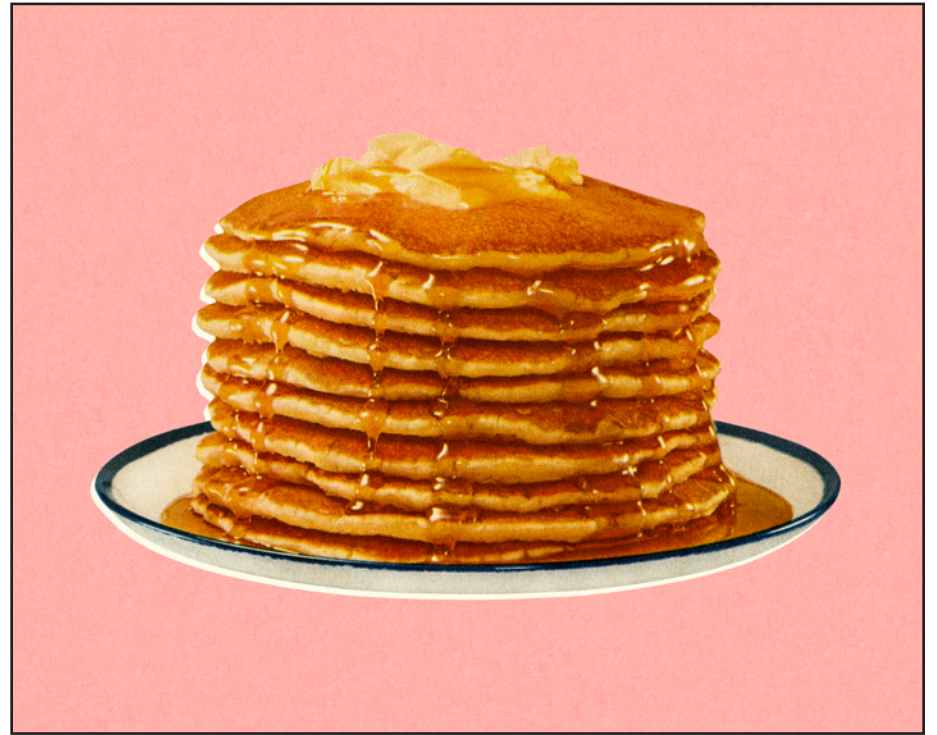
Frosted Flakes



Hollandaise Sauce



Hash Browns



Pancakes



Breakfast Burrito



Coffee

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(Questions Only)

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