

Getting Started With Breakfast

This article provides an overview of breakfast, describes how to prepare a weekday breakfast for 1-2 people, and highlights utensils commonly found in a kitchen drawer.

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About Breakfast

For many people, breakfast is the first meal they eat each morning after waking up from a night's sleep. This meal, considered to be the most important meal of the day, gives your body the fuel it needs to make your muscles and brain work and boosts your energy levels.

While there are several meals you can eat for breakfast, some of the most popular ones include the following:

- Bacon
- Cereal and milk
- Eggs
- Fruit
- Oatmeal
- Pancakes
- Waffles

In addition to these food items, people may also drink a beverage with their meal. One of the most popular drinks to pair with breakfast is coffee, but other options include milk, orange juice, and tea.

When you're preparing breakfast, you can make your meals as simple or complex as desired. Our website includes breakfast recipes of varying complexity. If you're learning to cook breakfast for the first time, we recommend starting with our beginner-level recipes, but you're welcome to choose any recipe that catches your eye.

Preparing a Weekday Breakfast for 1–2 People

As mentioned in the “About Breakfast” section, you can make your breakfast meals as simple or complex as you desire. Since life can be busier than usual on weekdays, many people opt to make a simple breakfast for themselves or their families. In this article, you'll learn how to prepare a bowl of cold cereal with milk for yourself and, if desired, one other person.

Before You Start

Ingredients

- ½–1 cup of your desired cereal (2–3 cups if preparing for two people)
- ½–1 cup of milk (2–3 cups if preparing for two people)

Utensils

- 1 bowl (2 bowls if preparing for two people)
- 1 spoon (2 spoons if preparing for two people)

Preparing Cold Cereal With Milk

1. Place your bowl on a flat surface, such as a kitchen countertop or table.
2. Pour your desired serving of cereal into the bowl. Do not overflow the bowl with cereal, as you will need room to add your milk.
3. Slowly pour your desired serving of milk into the same bowl, making sure to not overflow the bowl.
4. Using a spoon, mix your cereal and milk in the bowl.

You are now ready to enjoy a delicious bowl of cold cereal with milk. After you've finished preparing your meal, close the bag or box containing your cereal so that it doesn't go stale, and place your milk back in your refrigerator so that it doesn't spoil.

Common Utensils Found in a Kitchen Drawer

When you open your kitchen drawer, you'll notice that it contains several utensils, each of which has a specific purpose when you're cooking or baking. The following table provides the name of utensils commonly found in a kitchen drawer, a description of each utensil and what it's used for, and the average price for each utensil online.

Name	Description	Average Price Online (USD)
Chef's knife	Used to cut meat, dice vegetables, slice herbs, and chop nuts	\$100
Measuring cups	Used to measure a specific amount of a dry or liquid ingredient in a cup size	\$14
Measuring spoons	Used to measure a specific amount of a dry or liquid ingredient in a teaspoon (tsp) or tablespoon (tbsp) size	\$12
Mixing spoon	Used to combine ingredients for cooking or baking	\$8
Peeler	Used to remove the peel or skin from fruits and vegetables	\$10
Serving spoon	Used to serve and portion fruits, vegetables, and salads	\$8
Slotted spoon	Used to serve foods prepared or packaged in a liquid	\$8
Spatula	Used to flip, lift, mix, scrape, and spread ingredients	\$8
Tongs	Used to grip and lift food, particularly food that is hot	\$12
Whisk	Used to blend, whip, and incorporate air into ingredients	\$14