



Name: _____

Class: _____

Fill in the blanks with the appropriate food items based on the meal plan

My Meal Plan of the Day

Day: _____

Breakfast

- Oat
- Hot Milo
- Curry Puff

Lunch

- Chicken Rice
- Fruit Cordial
- Sweet Corn Porridge

Tea Time

- Banana Fritters
- Hot Tea

Dinner

- Chapati
- Chicken Curry
- Plain Water

On _____ (day), I will eat _____

_____ and _____ (breakfast food)

for my breakfast. At lunch, I prefer to eat _____

_____ and _____ (lunch food).

For my teatime, I plan to eat _____ and

_____ (teatime food).

Lastly, I would love some _____

_____ and _____ (dinner food) for my dinner.



Name: _____

Class: _____

Exercise 2 : Complete your meal plan in the **diagram** below.

Breakfast

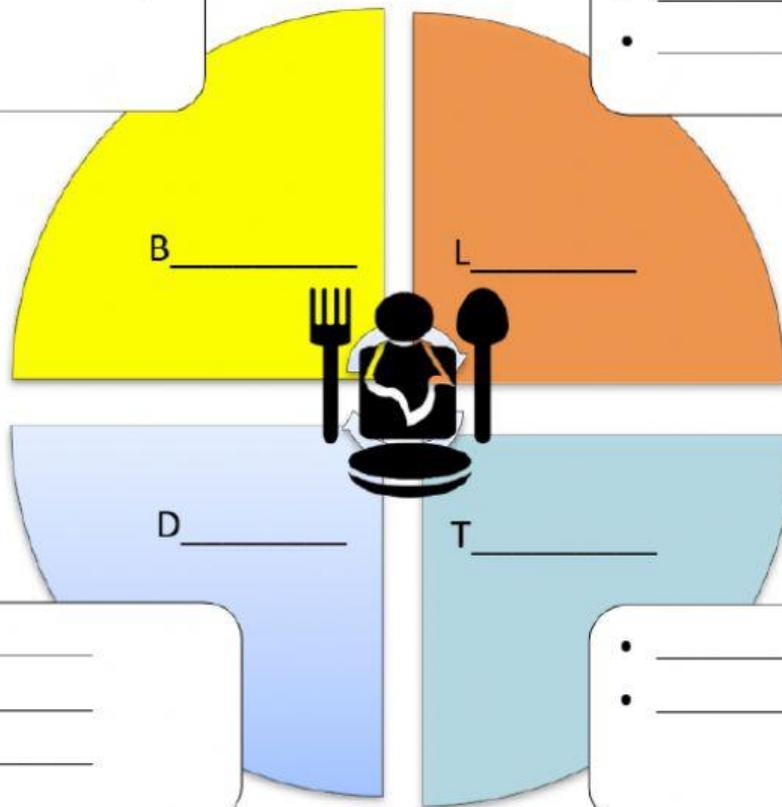
Lunch

Tea Time

Dinner

- _____
- _____

- _____
- _____
- _____



- _____
- _____
- _____

- _____
- _____