

Name: _____

Date: _____

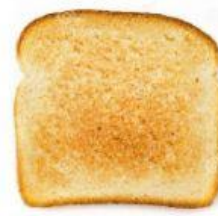
Year: 2 _____

Sekolah Rendah Mentiri

HBL Week 10

Unit 2: A Healthy Breakfast

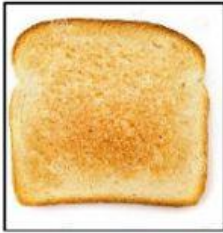
- ❖ Starting the day with a healthy breakfast is important
- ❖ The food that we eat for breakfast gives us energy for our daily activities
- ❖ Examples of foods that we can eat during breakfast are porridge, cereal, toast and eggs



- ❖ A healthy breakfast should also include a piece of fruit and a drink such as water, milk or fruit juice



1) Look at the pictures of foods below and choose the foods that can be eaten during breakfast



2) Read the questions below, then select (✓) or (X) for good eating habits for breakfast

a) I eat chocolates and sweets and drink Pepsi for my breakfast

☐☐

b) He eats cereal and oat for his breakfast this morning

☐☐

c) Kamilah and Adi drink milk and eat apple during breakfast

☐☐

d) Omelet and toast are suitable for breakfast

☐☐

e) Anisa washes her hands before eating for breakfast

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