

THREE MEALS A DAY

What do you eat for breakfast?

This is a healthy breakfast.



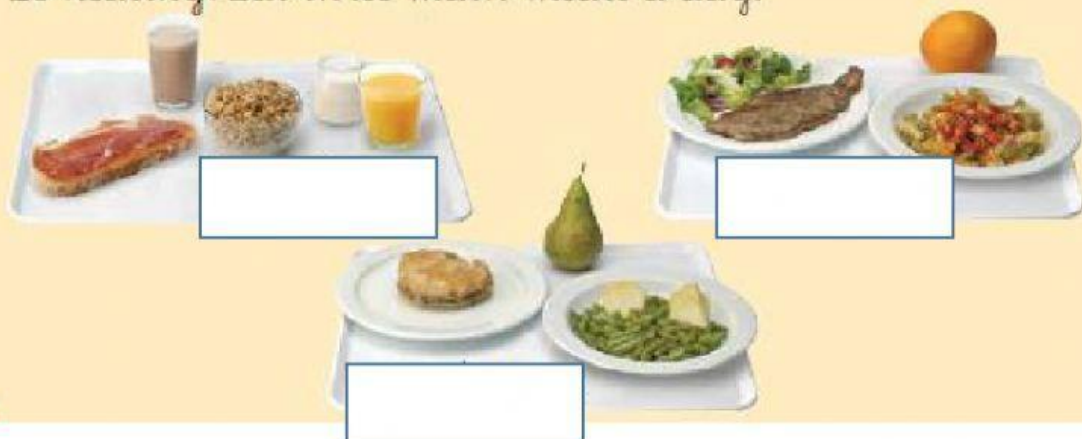
CEREALS

MILK

FRUIT

What meals do we eat?

Be healthy! Eat three main meals a day.

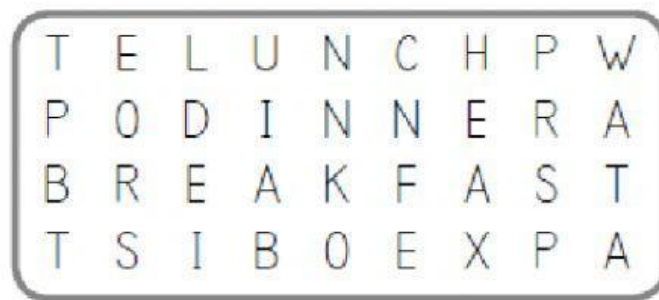


BREAKFAST

LUNCH

DINNER

3 Circle the meals in the wordsearch.



4 Trace and match the meals.



dinner



breakfast



lunch