

# Lunch is served!



Lunch is one of the four traditional meals of the day. We usually have breakfast in the morning, we have lunch at around midday, we have tea or coffee in the afternoon and we have dinner at night.

For some cultures, breakfast is the most important meal. That is probably the case of the United States of America. For other cultures, lunch is the most important meal of the day. That could be the case of most Latin American countries such as Uruguay. Finally, there are other countries in which dinner could be very important.

Through lunch we can see the different cultures in the different countries. Have a look at the following pics.



## MATCH THE MEALS WITH THE CORRECT TIME OF THE DAY



in the morning



at mid-day

TEA



in the afternoon



at night

BREAKFAST

DINNER

LUNCH

## How often...?

### Frequency Adverbs

100 %

ALWAYS

I **always** get up at 7 o'clock.

70 %

OFTEN

We **often** go shopping on Saturday.

50 %

SOMETIMES

They **sometimes** eat Mexican food.

5 %

RARELY

I **rarely** go to the cinema.

0 %

NEVER

She **never** listens to classical music.

*Los adverbios de frecuencia se usan para indicar qué tan a menudo hacemos algo en particular.*

**Answer the questions with YOUR information using ONE of the FREQUENCY ADVERBS (sólo uno y en inglés...).**

*Recuerda que puedes conectar oraciones usando AND y BUT*

**How often do you have breakfast?**

**What do you have for breakfast?**

**Is LUNCH the most important meal of the day to you? Why?**

**How often do you have tea? (merienda, no la infusión herbal)**

**What do you have for tea?**

**Is it HEALTHY (saludable) to have dinner? Why?**