

Name: _____

Date: _____

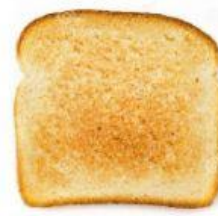
Year: 2 _____

Sekolah Rendah Mentiri

HBL Week 10

Unit 2: A Healthy Breakfast

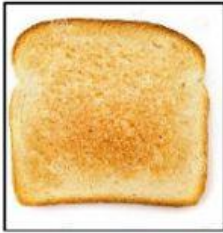
- ❖ Starting the day with a healthy breakfast is important
- ❖ The food that we eat for breakfast gives us energy for our daily activities
- ❖ Examples of foods that we can eat during breakfast are porridge, cereal, toast and eggs



- ❖ 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



HLP2022/TcrKamilah/Srmentiri

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

☐☐