

Name: _____

Date: _____

Year: 2 _____

Sekolah Rendah Mentiri

HBL Week 11

Unit 2: A Healthy Lunch

- ❖ The food that we eat for lunch gives us energy for learning and playing in the afternoon
- ❖ Examples of foods that we can eat during lunch are chicken sandwich, grilled beef, nasi lemak, fried rice, pasta and noodle



- ❖ A healthy lunch should also include a piece of fruit and vegetables.



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



Burger



Snacks



Beef sandwich



Chicken porridge



Salad



Water



French fries



Grilled fish



Nasi lemak

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

a) I eat fried rice and chicken soup for my lunch

| | |
|---|---|
| ✓ | X |
|---|---|

b) He eats beef burger and french fries for his lunch this afternoon

| | |
|---|---|
| ✓ | X |
|---|---|

c) Jannah and Adi drink orange juice and eat nasi lemak during lunch time

| | |
|---|---|
| ✓ | X |
|---|---|

d) Omelet and toast are suitable for lunch

| | |
|---|---|
| ✓ | X |
|---|---|

e) Anisa did not wash her hands before eating for lunch

| | |
|---|---|
| ✓ | X |
|---|---|