

Name: _____

Date: _____

Year: 2 _____

Sekolah Rendah Mentiri

HBL Week 12

Unit 2: A Healthy Dinner

- ❖ The food that we eat for lunch gives us energy after a long day of learning and playing
- ❖ Foods that we eat during dinner must have some meat (chicken, beef and fish) and lots of fresh vegetables



- ❖ A healthy dinner should also include a piece of fruit and salad



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



Fries



grilled chicken



porridge



Salad



ice-cream



Grilled salmon



water



pasta



Pearl milk tea

HLP2022/TcrKamilah/Srmentiri

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

a) I eat popcorn and water for my dinner

☐☒

b) He eats grilled salmon and plain rice for his dinner

☒☐

c) Nely and Adi drink orange juice and eat pasta with grilled chicken during dinner

☒☐

d) Toast and cornflakes are suitable for dinner

☒☐

e) Anisa washes her hands before and after eating

☒☐