

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.

T	E	L	U	N	C	H	P	W
P	O	D	I	N	N	E	R	A
B	R	E	A	K	F	A	S	T
T	S	I	B	O	E	X	P	A

4 Trace and match the meals.



dinner



breakfast



lunch