Meals of the Day

Listen and Repeat

Breakfast (8:00 am)	Lunch (12:30 pm)	Dinner (7:00 pm)

Bhutanese Meal Habits

- The meal we eat in the morning is breakfast.
- We take lunch during day time.
- We take dinner before going to the bed.
- We take curry with rice.
- We take tea with breakfast and, in between lunch and dinner.
- We the Bhutanese are fond of taking suja (butter tea).
- The Bhutanese take rice without curry.
- We even take milk instead of drinking tea.

LIVEWORKSHEETS