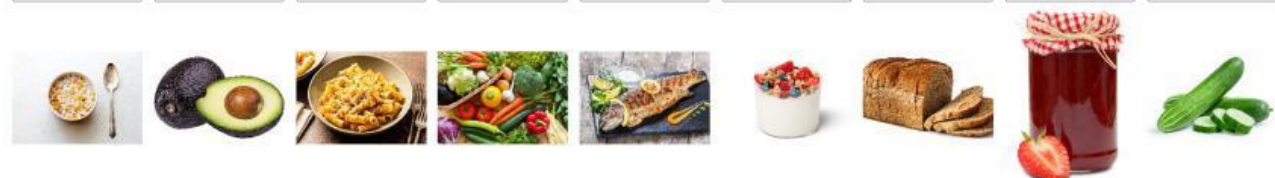


hot chocolate	fruit	cereal	cheese	cottage cheese	honey	jam	cucumbers	vegetables
rice	mango	cabbage	bread	yoghurt	avocado	pasta	toast	fish

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	<p><b>Learn the words with Quizlet</b></p>
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It's a sweet drink.	People usually eat this in the morning. You can add milk to it if you like.	It's sweet. It's made of fruit. You can make a sandwich with it.	Spaghetti is a type of this.	These vegetables are red. You add them to salad.
You add this for making sushi.	You eat this meal in the morning.	It's a long vegetable. It's green. You add it to salad.	You need it to make a toast.	You eat this meal in the middle of the day.
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
jam	bread	hot chocolate	rice	lunch
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
cereal	breakfast	pasta	cucumber	tomatoes

# What word is this?

breakfast  
juice  
main course  
dessert  
snack  
lunch  
dinner

- 0 This is the first meal of the day. *breakfast*
- 1 This is sweet and you have it at the end of the meal.
- 2 You have this when you don't need a big meal.
- 3 You have this meal in the middle of the day.
- 4 This is a drink made from fruit.
- 5 This is the last meal of the day.
- 6 This is the largest or most important part of the meal.



## 7 tips to help you feel great in the morning!

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2 Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is one tip you do not need.



Click to listen

Student 1	Tip A
Student 2	Tip B
Student 3	Tip C
Student 4	Tip D
Student 5	Tip E
Student 6	Tip F
	Tip G