# Meals of the day

**Name:**_____**Date:** Thursday 9th,2020

**Objective:** To identify the different types of meals

I)  Match the words with the correct definition and the definition with its image.

| LUNCH |
| BREAKFAST |
| SNACK |
| TEA TIME |
| DINNER |

A meal eaten in the morning, the first of the day.

A light midday meal between breakfast and dinner.

A small amount of food that is eaten between meals.

The time in the afternoon when tea is traditionally served.

The main meal of the day, taken either around midday or in the evening.

II)  Cut the images and place them according to the time these meals are served.

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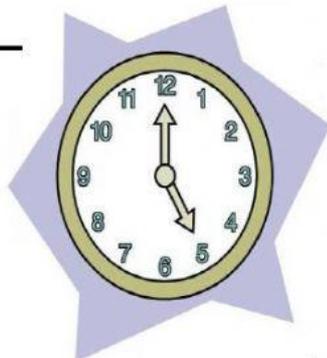
**III)** **Listening task: Listen to these people and circle the correct words in the bold spaces.**

Audio : http://www.elllo.org/Audio/AMXR/M122-Meal.mp3

**Gareth / England**
Probably, my biggest meal is **lunch/breakfast/dinner**. I do skip meals, but that's because of my work schedule; it kind of prevents me from eating lunch until very late in the day. I like to have a big breakfast, so that I can prepare for that.

**Warren / Canada**
My biggest meal of the day is **snack/dinner/breakfast**. I think I heard it's actually not as healthy. I heard you should have a heavier breakfast and a lighter dinner, but just time-wise, it's easier for me to do that, and I end up wanting to eat a heavy dinner. But I never miss a meal; I always eat all three meals.

**Kat / Germany**
My biggest meal of the day is **dinner/breakfast/lunch**. That is usually because I eat lunch in school, and it's never really good, so I kind of rush it and don't eat too much. Breakfast, I skip most every day. I don't want to, but I always oversleep, so I really don't have time for breakfast. I know that breakfast should be the biggest meal of the day, but that just never works out for me.

**Paul / England**
My biggest meal of the day is my evening meal, which I eat after finishing work, around seven or eight. I try not to skip meals. I always try to at least eat something, even if it's on the go. At times, with my job, I don't get time to eat a proper lunch or **dinner/snack/breakfast**, so I tend to kind of snack quite a lot.

**Tim / United States**
Usually, my biggest meal is **breakfast/snack/lunch**, but sometimes, I'll have a very large dinner. It really depends on what I do during the day and when I take my meals. I'll have a big lunch on days that I skip breakfast, and I tend to skip breakfast a lot, because I sleep until the last minute before I have to go to classes.

**Rese / Botswana**
My biggest meal of the day would have to be **lunch/dinner/breakfast**, and normally I skip breakfast because I can't wake up early enough to eat breakfast and make it to class because of my sleeping pattern.