

Grade one-Health & Physical Education

Week 7- FOOD- Meals of the day

Prepared by Ms. Nametah

Full name of child:

.....

Guidelines: Parents are requested to let the child complete atleast one activity per day. The child must be guided by parents throughout the paper. Therefore, instructions must be given to the child before she/he starts the activities.

Question 1

Meal time activity- I match the different meals of the day with the correct time when eaten.



Dinner



In the morning



Lunch



In the evening



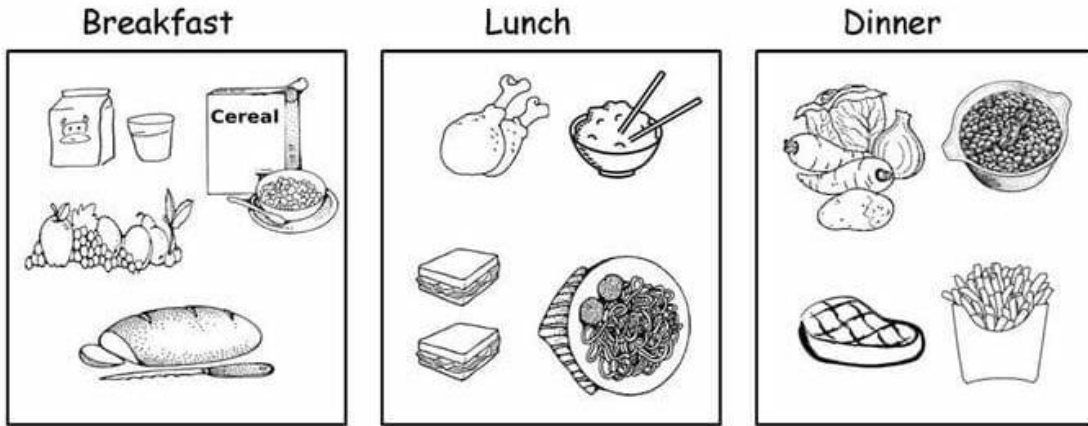
Breakfast



Around mid day/ noon

Question 2

What do you have for breakfast, lunch and dinner?



e.g. I have cereal with milk for breakfast.

I have _____ for breakfast.

_____ for lunch.

_____ for dinner.

cereal spaghetti rice fruit chips chicken meat
bread beans milk vegetables sandwiches

Question 3

My food words!-I write each word 3 times each.

Breakfast	Lunch	Dinner
.....
.....
.....

Question 4

Food likes/ dislikes

Write down below the images of the food you like and the food you don't like.

rice
milk
steak

spaghetti
pizza
salad

fried potatoes
hamburger
lemon

carrot
fish
cucumber

fried egg
boiled egg
corn



I like

I don't like

I like	I don't like

Question 5

My healthy lunch box!

I draw and colour foods I like to eat in my lunch box.

