

*Guideline: Parents are requested to assist the child. Instructions must be read by parents.*

**ACTIVITY 1:**

**Breakfast**

**1) Breakfast is the first meal of the day.**

**Answer the following questions.**

a) When do you have breakfast?

.....

b) What are the food that you eat before coming to school?

.....

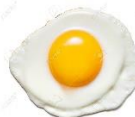
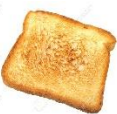
c) Is it important to drink water in the morning?

..... (Yes or No)

**Healthy breakfast**

**2) Name the food that you may eat for breakfast.**

Cereal, porridge, egg, banana, toast, milk, juice, milo



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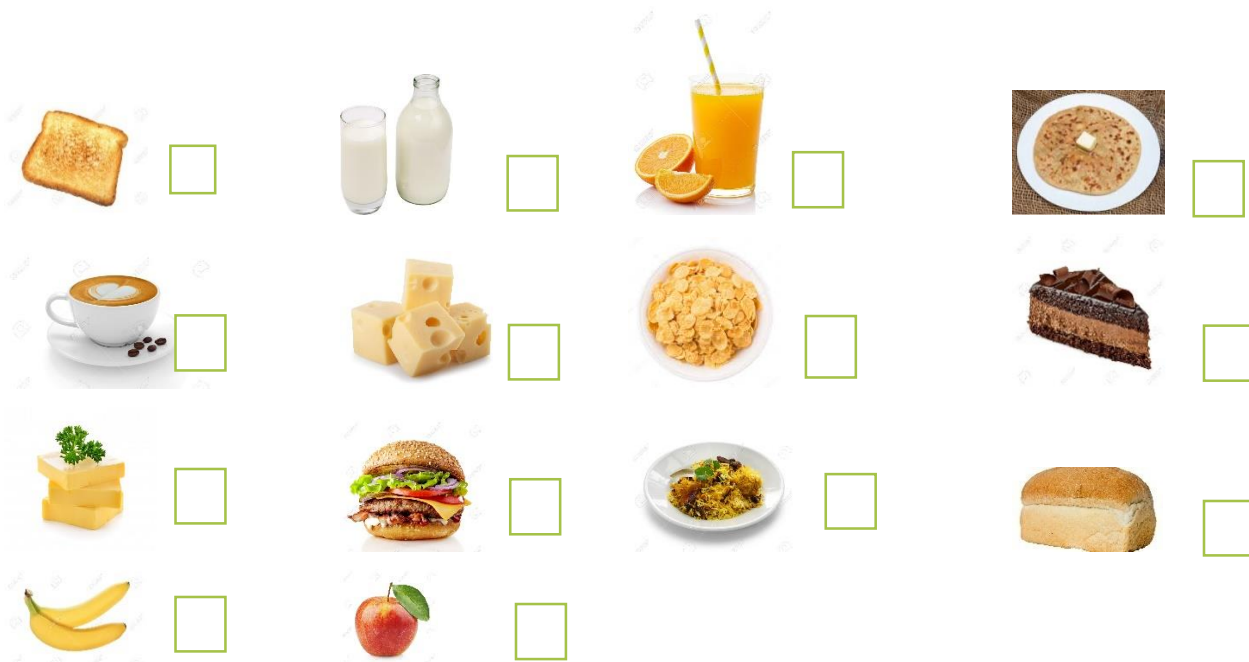
### ACTIVITY 2:

1) Tick the correct box after each statement.

	Good habit	Bad habit
I should eat breakfast every day.		
It is good not to have breakfast.		
When I eat breakfast, I am unable to follow classes.		
When I eat breakfast, I feel weak.		
When I eat breakfast, I feel fit and healthy.		

### ACTIVITY 3:

1) Tick the food that you eat or drink for breakfast.



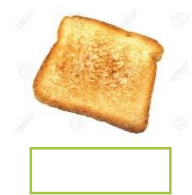
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### ACTIVITY 4:

a) Name the foods.

Choose the correct words from the list.

Doughnut, egg, coffee, tea, muffin, jam, butter, toast, sandwich, milk, cereal.



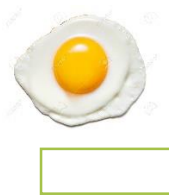


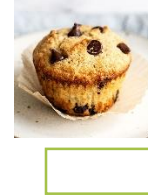













b) Breakfast is the most important meal of the day? (Yes or No)

.....

c) What do you drink for breakfast?

.....

d) Draw the food you take before coming to school.

**ACTIVITY 5:****1) What do you eat for breakfast, in a week?**

<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	

**2) Write true or false in the blanks.**

a. Breakfast helps improve learning.

.....

b. Having more time in bed is more important than eating breakfast?

.....