AKANDIX KIDS

NOTEBOOK CUT-OUT

Breakfast, Lunch & Dinner for Kids

Cut this card and glue it into your notebook.

1/6

Name: _____ **Date:** _____

1. Which meal?

Choose the meal.

1. You eat it in the morning.
   Choices: breakfast / dinner / lunch

2. You eat it in the evening.
   Choices: snack / breakfast / dinner

3. You eat it in the middle of the day.
   Choices: dinner / lunch / breakfast

4. A small meal between meals.
   Choices: snack / breakfast / dinner

Notebook check: I finished this card! [ ]

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CUT HERE

AKANDIX KIDS

NOTEBOOK CUT-OUT

Breakfast, Lunch & Dinner for Kids

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2/6

Name: _____ **Date:** _____

2. Complete

Use the words in the box.

WORD BANK: have | for | hands | together | water

1. I ___ breakfast at 7:00.

   _____

2. We have tacos ___ dinner on Fridays.

   _____

3. Always wash your ___ before you eat.

   _____

4. My family eats ___ on Sundays.

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Breakfast, Lunch & Dinner for Kids

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3/6

Name: _____ **Date:** _____

2. Complete - keep going!

Use the words in the box.

WORD BANK: have | for | hands | together | water

1. Drink ___ every day.

_____

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4/6

Name: _____ **Date:** _____

3. Good habit?

Choose good habit or bad habit.

1. I eat very fast in front of the TV.
   Choices: good habit / bad habit

2. I drink water with my meals.
   Choices: good habit / bad habit

3. I never have breakfast.
   Choices: good habit / bad habit

4. I eat fruit every day.
   Choices: good habit / bad habit

Notebook check: I finished this card! [ ]

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NOTEBOOK CUT-OUT

Breakfast, Lunch & Dinner for Kids

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5/6

Name: _____ **Date:** _____

4

4. My meals

Write about your meals.

1 What do you have for breakfast?

_____

2 What do you usually have for lunch?

_____

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Breakfast, Lunch & Dinner for Kids

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6/6

Name: _____ **Date:** _____

4

4. My meals - keep going!

Write about your meals.

1 What is your favorite dinner?

_____

Notebook check: I finished this card! [ ]

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