

Awesome Kidz 2

Unit 4 Lesson 17



Aim: Students will identify and classify foods according to breakfast, lunch, and dinner. Students will recognize foods eaten at different times of the day and will connect daily routines with food vocabulary through listening, speaking, and hands-on activities.

Time: 45-60 minutes

Materials:

- Crayons or coloured pencils
- Food flashcards or toy food
- Meal labels (breakfast / lunch / dinner)
- Optional: real empty food containers
- AK Audio track

Tip: Accept mixed answers. If a child circles “fries” for breakfast, don’t correct immediately. Say “Oh! You like fries. I eat fries for lunch.” This keeps learning safe, meaningful, and joyful, especially at this age.

Engage:

“My Day, My Food”

-Sit in a circle on the floor. Show real objects or pictures of food (or pretend play food). Ask slowly and clearly: “When do we eat breakfast?” “Is it morning or night?”

-Use body movement:

- o Stretch arms up for morning
- o Pretend to eat a sandwich for lunch
- o Lay head on hands for dinner

Explore & Practice:

With the book

-Open the book page. Point to each section and say together: “Breakfast.” (children repeat) “Lunch.” “Dinner.”

- Model language: “This is breakfast food.” “I eat eggs for breakfast.”

Focus on listening + repetition, no pressure to speak alone yet.

-Give children crayons or pencils. Play the audio recording. Walk around and support individually.


Sort the Food (Hands-on)

-On the floor or table, place 3 cards:

☀️ breakfast | 🍷 lunch | 🌙 dinner

-Give children food pictures or toys. Children place each food under the correct meal.

Closing:

 Song + Movement

Sing (simple chant):

“Breakfast in the morning

Lunch at noon

Dinner at night

See you very soon!”

Add gestures for each meal.

Reflection Circle

Ask: *“What is your favorite meal?”* Children can answer with one word or pointing.

No correction—only encouragement
