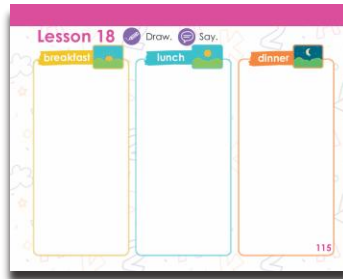


Awesome Kidz 2 Unit 4 Lesson 18



Aim: Students will identify and name the three main meals of the day (breakfast, lunch, dinner), and draw foods they typically eat for each one, developing time awareness, food vocabulary, and self-expression.

Time: 45-60 minutes

Materials:

- Crayons, coloured pencils or markers
- Real or toy food models or flashcards
- Visuals for breakfast/lunch/dinner routines
- Puppets or dolls for dramatization
- Optional: felt board or placemat for sorting food items

Tip: Use consistent gestures and voice tones to help anchor each time of day. For example, whisper and yawn for dinner time, be bright and lively for breakfast. Some children may eat differently at home. Welcome variety by validating all foods and respecting cultural differences. You might say, “Wow, that’s new for me! Thank you for teaching me.”

Engage:

What Do We Eat Today? Story Routine

- Use a puppet or doll to narrate a day: “In the morning, I wake up and eat breakfast. I have... (e.g., eggs and toast).”
- Use visuals or real objects to show morning, noon, and night routines. Ask students: “What do you eat in the morning?” “What do you eat at night?”
- Display time-of-day cards with matching icons (sunrise, sun, moon) or draw them on the board.

Explore & Practice:

With the Book

- Guide children to draw a food item they eat for each meal. Say: “For breakfast, I eat...” and model your own drawing. Encourage individual choices and let them explain why they like each food.

Food Sorting Game

- Use real food toys or flashcards. Let children sort items into “breakfast”, “lunch”, or “dinner” trays. Ask questions: “Do you eat soup in the morning?” “What food makes you strong for the day?”

Meal Time Mural

- On a large sheet of paper divided into 3 parts (breakfast/lunch/dinner), children collaboratively draw or paste magazine cutouts of foods. This promotes creativity, conversation, and shared decision-making.

Closing:

Meal Time Chant

Chant together while miming eating:

“Morning food, breakfast is here,
Milk and fruit, and toast so near.
Lunch at noon, I sit and eat,
Rice and veggies, such a treat!
Dinner time, the stars are bright,
Soup and bread and dreams at night!”

-Invite each child to share one food they drew and say: “For dinner, I eat...” or “I like ___ for lunch.”

