



# Mealtimes

## We eat food and have drinks at different times of the day.

When do you eat food during the day?



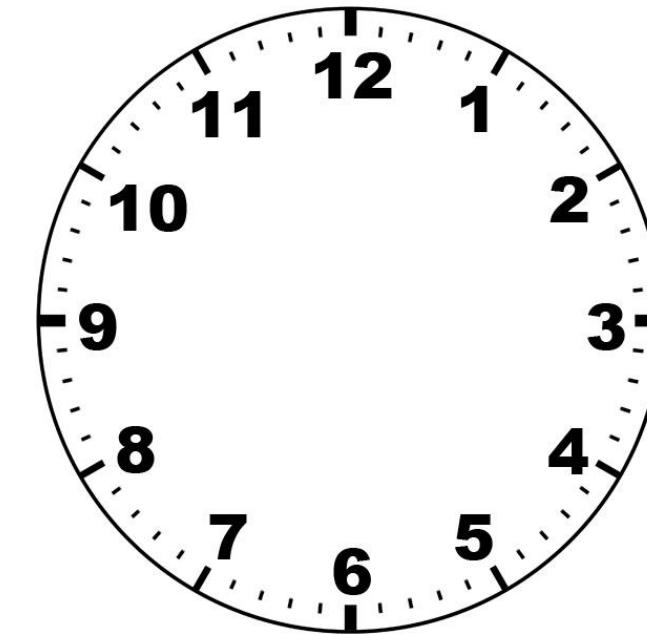
When do you have drinks during the day?



# What might people eat and drink for breakfast?



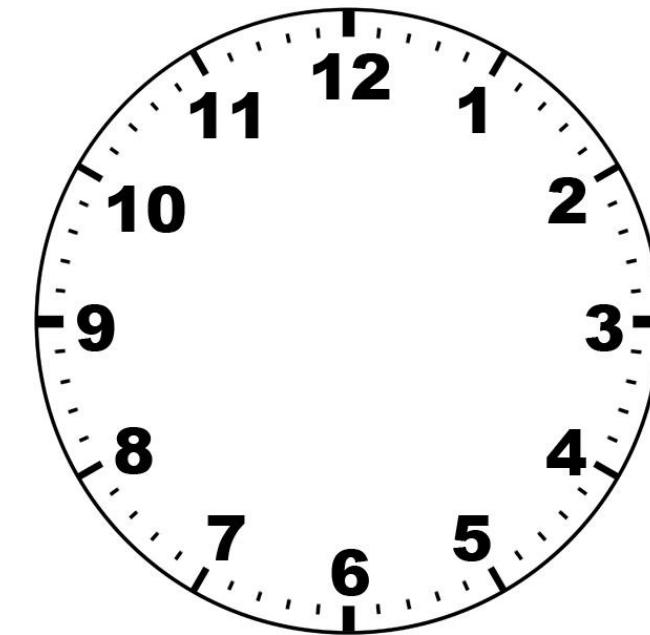
What time do people have breakfast?



# What might people eat and drink for lunch?



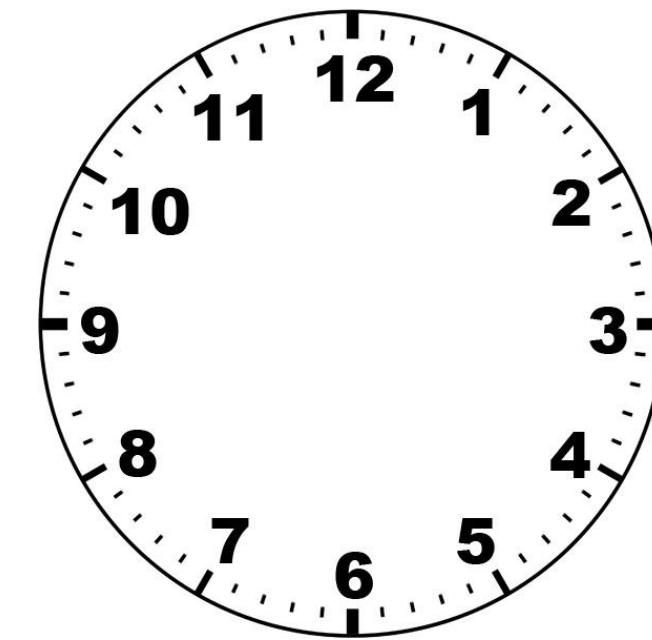
What time do people have lunch?



# What might people eat and drink for their evening meal?



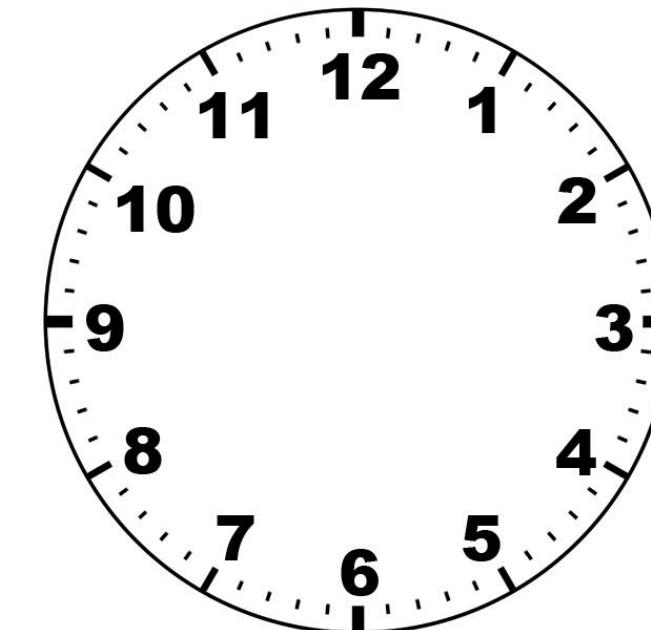
What time do people have their evening meal?



# What might people eat and drink for a snack?



What time might people have a snack?



# When might people eat this food?



# Mealtimes



For further information, go to:  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)