



## Meals

Anything solid that goes inside our mouth to eat is called **food**.

Anything liquid that goes inside our mouth to drink is called **drink**.

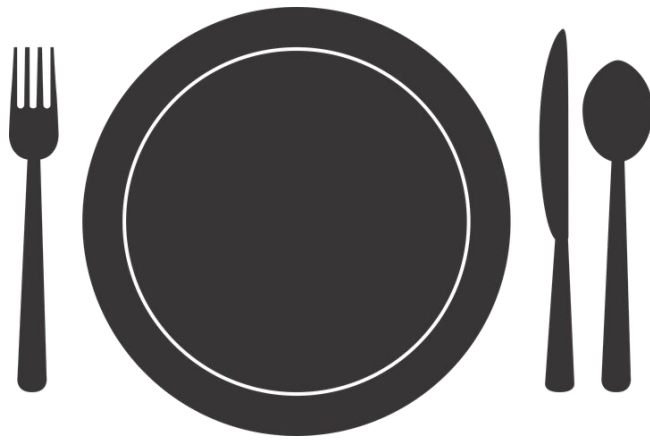
Normally, people eat food at least three times a day.



When you eat food in the morning, this  
is called **breakfast**.



When you eat food in the afternoon  
(around 12pm), this is called **lunch**.

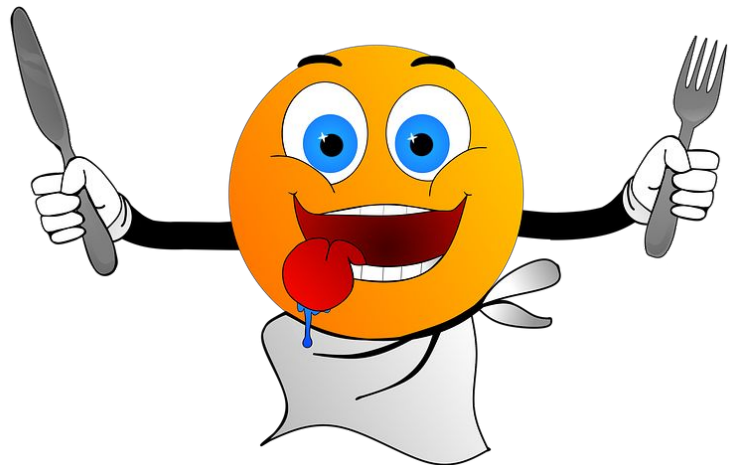


When you eat food in the evening, this is called **dinner**.



If you want food in between these meals, this is called a **snack**. This is a very small thing to eat.





When you want food and your body  
wants food, we use the adjective

“**hungry**”.

*I am hungry.*



When you want a drink and your body  
wants a drink, we use the adjective

“**thirsty**”.

*I am thirsty.*