

I have my breakfast at 7 a.m.  
 I have my dinner at 3 p.m.  
 I have my supper at 7 p.m.  
 And I am still hungry!



Meals are  
 the portions  
 of food  
 taken at  
 a particular time.

the first meal of the day in the mornig

### BREAKFAST



### DINNER

the main meal of the day



the last meal of the day in the evening

### SUPPER

