

**When do you eat
breakfast?**

BASICS
by WELLNESS HUB



**I eat breakfast in the
morning after waking up.**

**When do you eat
lunch?**

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**I eat lunch in the
afternoon around midday.**

**When do you eat
dinner?**

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I eat dinner in the evening.

**When do you have a
snack?**

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**I have a snack in the afternoon or
between meals when I'm hungry.**

**When do you drink
milk?**

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**I drink milk in the morning
or at night before bed.**

**When do you eat
dessert?**

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**I eat dessert after
lunch or dinner.**

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When do you eat fruit?

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I eat fruit at breakfast or as a snack during the day.

When do you drink juice?

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I drink juice in the morning with breakfast or as a snack.

When do you eat eggs?

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I eat eggs in the morning for breakfast or during lunch.

When do we bake cookies?

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We bake cookies when we want a treat or during special occasions like holidays.

When do we cook breakfast?

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We cook breakfast in the morning before starting the day.

When do we make sandwiches?

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We make sandwiches for lunch, a snack, or a picnic.

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When do we eat soup? **BASICS**
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We eat soup on cold days or at dinner.

When do we eat cake? **BASICS**
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We eat cake during celebrations like birthdays or as dessert.

When do we prepare salads? **BASICS**
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We prepare salads for lunch or dinner, especially in the summer.

When do we enjoy cupcakes? **BASICS**
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We enjoy cupcakes at birthday parties or as a dessert treat.

When do we eat cotton candy? **BASICS**
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We eat cotton candy at fairs, carnivals, or amusement parks.

When do we eat popcorn? **BASICS**
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We eat popcorn at the movies or during movie nights at home.

When do we eat pies?

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We eat pies during holidays like Thanksgiving or as a dessert.

When do we eat donuts?

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We eat donuts for breakfast, snacks, or special occasions.

When do we eat brownies?

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We eat brownies as a dessert or snack, often after baking them.

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