

Meals and Meal Times: Using Simple Present with “When” and “Where”

Level: Low-level Adult ELL (Beginner–Low Beginner)

Learning Objectives

By the end of the lesson, students will be able to:

1. Use the **simple present tense** to talk about daily meals.
2. Answer “**When do you...?**” questions using meal times (morning, afternoon, evening).
3. Answer “**Where do you...?**” questions using common locations (home, work, restaurant).
4. Produce simple spoken and written sentences about their own meal routines.

Warm-Up Activity

Purpose: Activate background knowledge and introduce topic vocabulary.

Activity: Meal Picture Discussion

1. Show pictures of people eating breakfast, lunch, and dinner.
2. Point to each picture and ask yes/no or choice questions:
 - “Breakfast or dinner?”
 - “Morning or evening?”
3. Model simple sentences:
 - “I eat breakfast.”
 - “I eat dinner.”

Teacher Support:

Write key words on the board:

breakfast, lunch, dinner, morning, afternoon, evening

New Lesson: Language Focus

1. Simple Present for Daily Meals

Write and say example sentences:

- “I eat breakfast.”
- “I eat lunch.”
- “I eat dinner.”

Explain simply:

- We model daily habits.
- We use the base verb: *eat, drink, cook*.

2. Using WHEN (Time)

Write the question on the board:

- “**When do you eat breakfast?**”

Model answers:

- “I eat breakfast **in the morning**.”
- “I eat lunch **in the afternoon**.”
- “I eat dinner **in the evening**.”

Highlight structure:

- **I + verb + meal + time**

3. Using WHERE (Place)

Write the question on the board:

- “**Where do you eat lunch?**”

Model answers:

- “I eat lunch **at home**.”
- “I eat lunch **at work**.”
- “I eat dinner **at a restaurant**.”

Highlight structure:

- **I + verb + meal + place**

4. Model Complete Exchange

Teacher models with a student:

- Teacher: “When do you eat dinner?”
- Student: “I eat dinner in the evening.”
- Teacher: “Where do you eat dinner?”
- Student: “I eat dinner at home.”

Materials Needed

- Meal-related pictures or flashcards
- Whiteboard and markers
- Sentence strips or printed sentence frames
- Student worksheets (fill-in-the-blank and matching)

Guided Practice Activities

Activity 1: Sentence Matching

Students match sentence halves:

- “I eat breakfast...” → “in the morning.”
- “I eat lunch...” → “at work.”

Prompt Questions:

- “When do you eat breakfast?”
- “Where do you eat lunch?”

Sentence Frames:

- “I eat ____ in the ____.”
- “I eat ____ at ____.”

Assessment Activity (10 minutes)

Activity: Personal Meal Routine

Students complete a short worksheet:

1. I eat breakfast in the _____.
2. I eat breakfast at _____.
3. I eat lunch in the _____.
4. I eat lunch at _____.

Assessment Criteria:

- Correct verb use (eat)
- Appropriate time and place phrases
- Comprehensibility

Closure Activity (5 minutes)

Exit Circle

Students share **one sentence** aloud:

- “I eat dinner in the evening.”
- “I eat lunch at work.”

Teacher briefly reviews:

- “When = time”
- “Where = place”

Reinforce success and preview next lesson (food vocabulary or cooking verbs).

WORKSHEET 1: Matching

Meals, Times, and Places

Part A: Match the Meal to the Time

Write the correct letter.

1. Breakfast	<input type="text"/> A. in the afternoon
2. Lunch	<input type="text"/> B. in the evening
3. Dinner	<input type="text"/> C. in the morning

Part B: Match the Question to the Answer

4. When do you eat breakfast?	<input type="text"/> A. At home
5. Where do you eat lunch?	<input type="text"/> B. In the morning
6. When do you eat dinner?	<input type="text"/> C. In the evening

Part C: Match the Sentence Halves

7. I eat breakfast	<input type="text"/> A. at work
8. I eat lunch	<input type="text"/> B. in the morning
9. I eat dinner	<input type="text"/> C. at home

WORKSHEET 2: Fill in the Blank

Meals and Meal Times

Part A: When do you eat?

Complete the sentences using the correct words.

Word Bank:

morning afternoon evening

1. I eat breakfast in the _____.
2. I eat lunch in the _____.
3. I eat dinner in the _____.

Part B: Where do you eat?

Complete the sentences.

Word Bank:

at home at work at a restaurant

4. I eat breakfast _____.
5. I eat lunch _____.
6. I eat dinner _____.

Part C: Write about YOU

Complete the sentences with your own information.

7. I eat breakfast in the _____.
8. I eat breakfast at _____.
9. I eat lunch in the _____.
10. I eat lunch at _____.