

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

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

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## 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.
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## 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*

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## 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*.
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## 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**
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## 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.”
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## Materials Needed

- Meal-related pictures or flashcards
  - Whiteboard and markers
  - Sentence strips or printed sentence frames
  - Student worksheets (fill-in-the-blank and matching)
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## 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 \_\_\_\_.”
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## 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
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## **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 | _____ A. in the afternoon |
| 2. Lunch     | _____ B. in the evening   |
| 3. Dinner    | _____ C. in the morning   |
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## Part B: Match the Question to the Answer

- |                               |                         |
|-------------------------------|-------------------------|
| 4. When do you eat breakfast? | _____ A. At home        |
| 5. Where do you eat lunch?    | _____ B. In the morning |
| 6. When do you eat dinner?    | _____ C. In the evening |
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## Part C: Match the Sentence Halves

- |                    |                         |
|--------------------|-------------------------|
| 7. I eat breakfast | _____ A. at work        |
| 8. I eat lunch     | _____ B. in the morning |
| 9. I eat dinner    | _____ 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 \_\_\_\_\_.
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### 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 \_\_\_\_\_.
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### 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 \_\_\_\_\_.