

A2-B1 Worksheet: Should We Stop Eating Three Meals a Day? - 16 June 2026

Article

Many people grow up with the idea that they should eat breakfast, lunch and dinner every day. A recent Guardian article says this usual routine is not a rule of nature. It became popular because schools, factories and offices needed clear times for meals.

Today, modern life is different. Some people work unusual hours, live alone or feel hungry at different times. They may have a small snack, eat late, or miss breakfast. This does not always mean they are unhealthy. The important thing is to eat enough good food and listen to your body.

However, meals can also help people slow down and spend time with family or friends. The article suggests a more flexible way of eating, without too much pressure or guilt. Three meals can be useful, but they do not need to be the only choice.

True/False

Decide if each statement is True (T) or False (F).

1. The article says everyone must eat three meals every day.
2. The usual routine of breakfast, lunch and dinner became popular because of work and school times.
3. Modern life is the same for everyone now.
4. Some people may eat a snack or miss breakfast.
5. The article says missing breakfast is always unhealthy.
6. Meals can help people spend time with family or friends.
7. The article says people should feel pressure and guilt about food.
8. The article suggests that flexible eating can be a good choice.

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. usual	A. morning meal
2. routine	B. stress
3. breakfast	C. normal
4. workers	D. adaptable
5. modern	E. relatives
6. snack	F. habit
7. flexible	G. good for your body
8. healthy	H. employees
9. family	I. small food
10. pressure	J. present-day

Use the new language

Please choose 5 words from the Synonym Match and make your own sentence using each word.

1. _____
2. _____
3. _____
4. _____
5. _____

Discussion Questions

Student A	Student B
1. How many meals do you usually eat each day?	1. Why do many people follow the same meal routine every day?
2. Do you often eat breakfast? Why or why not?	2. Is breakfast really the most important meal?
3. What is your favourite snack?	3. Can snacks be part of a healthy diet?
4. Do you usually eat alone or with other people?	4. Do work hours control the way people eat?
5. What time do people usually eat dinner in your country?	5. Should families try to eat together every day?
6. Is it easy to eat healthy food when you are busy?	6. Is flexible eating better for modern life?
7. Would you like a more flexible eating routine?	7. Why do some people feel guilt about food?
8. Which meal is most important for you?	8. What would a good daily food routine look like for you?

Answer Key

True/False: 1=F, 2=T, 3=F, 4=T, 5=F, 6=T, 7=F, 8=T

Synonym Match: 1=C, 2=F, 3=A, 4=H, 5=J, 6=I, 7=D, 8=G, 9=E, 10=B

Example sentences with the words

1. My usual lunch is rice and vegetables.
2. A good routine can make life easier.
3. I usually eat breakfast at home.
4. Many workers eat quickly during the day.
5. Modern life can be very busy.
6. Fruit is a healthy snack.
7. A flexible timetable helps people with different jobs.
8. Healthy food gives you energy.
9. I like eating dinner with my family.
10. Some people feel pressure to eat in a perfect way.