



Korean Ladder Study Note

아침 / 점심 / 저녁 / 밤

The Parts of a Korean Day

Level	Topic	Focus
A1 · Beginner TOPIK 1	Vocabulary Time & Date	아침 / 점심 / 저녁 / 밤 The Parts of a Korean Day

Study Links

Open this lesson on Korean Ladder

<https://www.koreanladder.com/lesson.html?id=KOR-A1-VOCAB-TIM-002>

Watch the full video on YouTube

<https://www.youtube.com/watch?v=-vjoqdNHSA8>

Visit [koreanladder.com](https://www.koreanladder.com) for all free lessons

<https://www.koreanladder.com>

Core Idea

Okay, real question. In English, 'morning' is one thing and 'breakfast' is another. But I keep hearing 아침 for both. Am I confused?

You're not confused at all. 아침 really does mean both the morning and the breakfast you eat in it. Korean lets some day-words moonlight as meals.

So today we learn the parts of the day, and we watch which ones also name a meal — because it's not all of them.

여기 핵심이 있어요. Here's the map. Some words are pure time, and some are time plus food. Let's meet them one by one.

Conversation Snapshot

Speaker	Korean	Meaning
Hana	점심 먹었어요? —	Did you eat lunch?



Speaker	Korean	Meaning
Junho	네, 낮에 먹었어요. 저녁도 같이 먹어요? —	Yes, I ate at midday. Shall we eat dinner together too?
Hana	좋아요. 저녁에 만나요. —	Sounds good. Let's meet in the evening.
Hana	점심 먹었어요? —	Did you eat lunch?
Junho	네, 낮에 먹었어요. —	Yes, I ate at midday.
Hana	저녁에 만나요. —	Let's meet in the evening.

Vocabulary & Useful Expressions

Word	Meaning	Example
하루의 시간 haru-ui sigan	the times of a day	So today we learn the parts of the day, and we watch which ones also name a meal — because it's not all of them.
시간 + 식사 sigan + siksa	time of day + meal	여기 핵심이 있어요. Here's the map. Some words are pure time, and some are time plus food. Let's meet them one by one.
아침에 아침을 먹어요 achim-e achim-eul meogeoyo	In the morning, I eat breakfast	먼저 아침. 아침은 아침 시간이면서 아침 식사예요. First: 아침. It is the morning, and it is also breakfast — the meal you eat in the morning.
점심 jeomsim	lunch (the meal); lunchtime = 점심때	다음은 점심. 점심은 주로 점심 식사예요 — lunch, the meal. When people mean the midday time, they say 점심때, 'lunchtime.' 점심 by itself is really the food.
낮 nat	daytime; the midday span	그럼 낮 시간은 뭐라고 해요? For the broad middle of the day — the daytime itself — Koreans say 낮. That's the daylight span, roughly noon to late afternoon.
오후 ohu	afternoon (P.M.)	낮 다음에는 오후. 오후는 오후 시간이에요 — the afternoon, from about noon onward. It's a time word, not a meal.
저녁에 저녁을 먹어요 jeonyeok-e jeonyeok-eul meogeoyo	In the evening, I eat dinner	이제 저녁. 저녁은 저녁 시간이면서 저녁 식사예요. Like 아침, this one does both: it's the evening AND dinner, the evening meal.
밤 bam	night (the late/dark hours)	그리고 밤. 밤은 시간이에요 — the night. Important: 밤 is time only. There is no meal called 밤.



Grammar / Structure Notes

하루의 시간

하루의 시간 — the times of a day

some are also meal names

시간 + 식사

시간 + 식사 — time of day + meal

watch which words do both

아침에 아침을 먹어요

아침 + 에 + 아침 + 을 + 먹어요 — In the morning, I eat breakfast

먼저 아침. 아침은 아침 시간이면서 아침 식사예요. First: 아침. It is the morning, and it is also breakfast — the meal you eat in the morning.

점심

점심 — lunch (the meal); lunchtime = 점심때

mainly the meal — not a broad day-part like 아침/저녁

낮

낮 — daytime; the midday span

the time-of-day word for 'midday' (not a meal)

Pronunciation Loop

Phrase	How to practice
아침	achim
저녁	jeonyeok
새벽	saebyeok

Self-Check

- 1 Say 아침 / 점심 / 저녁 / 밤 three times: slow, natural, then inside a short sentence.
- 2 Write one original sentence that was not in the video.
- 3 Rewatch the YouTube lesson and pause when the same pattern appears.

Related / Subsequent Studies



Lesson	Why study it next	Link
오늘 / 내일 / 어제 Talking About Days	A1 Vocabulary: compare 오늘 / 내일 / 어제 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-VOCAB-TIM-001
몇 시예요 시 / 분 / 반으로 시간 말하기	A2 Vocabulary: compare 몇 시예요 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A2-VOCAB-TIM-001
한 시간 동안 / 매일 / 가끔 Talking About Duration and Frequency	B1 Vocabulary: compare 한 시간 동안 / 매일 / 가끔 with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-B1-VOCAB-TIM-001
Counting in Korean Native vs Sino Numbers	A1 Vocabulary: compare Counting in Korean with this lesson so the boundary becomes clearer.	Open lesson https://www.koreanladder.com/lesson.html?id=KOR-A1-VOCAB-NUM-001

My Notes

Your ladder to fluent Korean. This PDF, the website, and the video lessons are free for personal study.