



Let's write.

Study the information given below.

Breakfast Set A

- Ⓐ whole grain bread cheese sandwich
- Ⓐ salad
- Ⓐ a glass of milk
- Ⓐ fruit
- Ⓐ contains protein and fibre



Breakfast Set B

- Ⓐ fried rice
- Ⓐ fried sausage roll
- Ⓐ fried nuggets
- Ⓐ a glass of cola
- Ⓐ contains high sugar and excessive oil



I would choose **Breakfast Set A** because it is a healthy meal. The breakfast consists of a whole grain bread cheese sandwich, salad, a glass of milk, and a banana. Most importantly, it contains protein and fibre which is good for our health. Therefore, Breakfast Set A is my choice.

Which lunch set would you choose? Write a paragraph using the phrases given below.



Lunch Set 1

- Ⓐ nutritious meal
- Ⓐ rice porridge
- Ⓐ anchovies
- Ⓐ soya bean drink
- Ⓐ fruit
- Ⓐ rich in calcium and minerals



Lunch Set 2

- Ⓐ wholesome meal
- Ⓐ fried noodles
- Ⓐ an omelette
- Ⓐ fresh fruit juice
- Ⓐ fruit
- Ⓐ packed with essential vitamins and fibre



Let's write.

Write a paragraph about your choice of a healthy dinner.