

true?

About you

- I have breakfast at home.
- I have toast and coffee for breakfast.
- I have lunch at work / school.
- I have dinner with my family.
- I eat a lot of fruit and vegetables.
- I like fast food.
- At the weekend I sometimes go to restaurants.

Read and make the idea true for you!

Complete a list of food for each box.

HEALTHY



UNHEALTHY



Complete the questions to interview the class

Do you eat / drink...?

Yes, I do

No, I don't

How often do you eat / drink...?

I ...(frequency)

How often do you have...for breakfast / lunch / dinner?

I ...(frequency)

