Get Smat Plus 4 Unit 5: Eating Right

Read again and fill in the table.

What Tony had	Type of food/activity	How much Tony needs
Breakfast: _____ _____ _____	Grains	6 slices of bread or 6 cups of cereal or 3 cups of rice or 3 cups of pasta
Lunch: _____ _____ _____	Vegetables	2-3 cups
	Fruit	1-2 cups
Snack: _____ _____ _____	Milk	3 cups of yoghurt or 3 cups of milk or 3 pieces of cheese
Dinner: _____ _____ _____	Meat and Beans	a piece of meat, chicken or fish or two cups of beans
	Exercise	60 minutes every day
	Sleep	10 hours every night

Write in a paragraph.

Yesterday morning, I had _____.

For lunch, I had _____. After that, I _____. In the afternoon, I had _____ for my snack. For dinner, I had _____. I had some _____ for dessert. At night, I slept for _____. Yesterday was/ wasn't a healthy day!

LIVEWORKSHEETS