

Read the sample

Study the information given below.

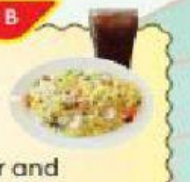
Breakfast Set A

- 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



1. I would choose _____ because it is a _____. The lunch consists of _____, _____, _____ and _____. Most importantly, it is _____ which is good for health. Therefore, _____ is my choice.

Lunch Set 2

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



2. I would choose _____ because it is a _____. The lunch consists of _____, _____, _____ and _____. Most importantly, it is _____ which is good for health. Therefore, _____ is my choice.