Healthy food for Pokémon trainers



Hello, friends! My name is Ash Ketchum, I'm ten years old and I'm a Pokémon trainer. I want to be the very best that no one ever was and catch all them all.

That's the reason Pikachu and me need to eat healthy food every day. For example, we usually have some bread, orange juice and milk for breakfast, it's important to start the day with energy!

For lunch, we sometimes have meat and rice but we also like fish (fishing is so fun! You can find a Magikarp too). We have a lot of training to do in the afternoon, so we have some apples for our snack (although sometimes Pikachu likes to eat biscuits too!).

Finally, before we go to sleep, we have dinner! Our favorite food to have for dinner is pasta! It's so delicious and very easy to cook. Good luck, fellow trainer! Pikachu and me wish you the very best!

Questions:

a) Ash says that it's not important to eat healthy to be Pokémon trainer
b) Pikachu and Ash like to eat orange juice, bread and milk for breakfast
c) You can find a wild Charmander when you're fishing
d) For lunch, they have pizza and a milkshake
e) They train a lot in the afternoon
f) Apples is what they usually have for their snack
g) Sometimes, Pikachu likes to eat pears
h) Their favorite food to have for dinner is pasta
i) Pasta is very difficult to cook



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