

# FOOD & ARTICLES

Food is an important part of our lives. We need to eat to stay healthy and strong. There are many different types of food that we can eat. Some foods are good for us, while others are not so good.

For breakfast, I like to have *some/an* toast with butter and jam. Sometimes I have a bowl of *a/---* cereal with milk. I also like to have a cup of tea or coffee in the morning.

For lunch, I usually have *a/the* sandwich. *The/A* sandwiches are usually with *a/some* cheese and ham. I also like to have *some/---* crisps. If I don't *a/the* crisps, I choose a piece of fruit like *a/an* apple or *a/some* banana. If I'm feeling hungry, I may have a bowl of *a/---* soup or *some/the* pasta with tomato sauce.

For dinner, I like to have *some/a* chicken or *an/---* sausages with *some/the* vegetables. I really like *some/the* vegetables like carrots, peas, and red peppers. I also like to have *some/a* rice or *an/some* potatoes with my meal. Sometimes I have *a/an* salad with lettuce, cucumber, and onion. For dessert, I may have *some/a* melon or *a/an* pineapple. But *the/a* melon and *the/some* pineapple I usually buy only in the summer.

When I'm feeling snacky, I like to have *some/---* olives or *some/the* mushrooms on *a/---* toast. I also like to have *some/an* prawns with lemon juice. And if I'm feeling really hungry, I might have a big plate of spaghetti bolognese.

In conclusion, there are many different types of food that we can eat. It's important to eat a balanced diet with lots of fruits and vegetables. So, next time you're feeling hungry, try something new and enjoy the delicious world of food!