

Read the stories

Marry:

I always get up at 7:00 am, I have cereals and a glass of orange juice for breakfast. I walk to high school with my friend, Julia. I usually drink water and I have an apple for my morning snack. I sometimes have chicken and mashed potato for lunch. After high school, I walk home and I have some milk and two slices of toast with jam for tea. I play computer games and I do my homework. Finally, I have soup and I drink water for dinner at 9:30 pm.



Matt:

I usually get up at 8:30 am and I have a glass of coke and a slice of toast for breakfast. I never go to high school by bus. I eat chocolate cookies for my morning snack. At home, I have French fries and sausages for lunch. I like playing card games with my friends. In the afternoon, I have a cup of coffee and a cereal bar for tea and I watch television. I take a shower, then, I always have a hamburger for dinner, I do my homework and I go to bed at 12 pm.



1- Fill in the forms (There are two examples)

MEAL TIMES	MARRY	MATT	YOU
BREAKFAST	Cereals and a glass of orange juice		
LUNCH			
TEA		A cup of coffee and a cereal bar	
DINNER			

2- Choose the correct answer:

1) Is Marry a healthy person?

a- Yes, she is b- No, she isn't

2) Is Matt a healthy person?

a- Yes, he is b- No, he isn't

3) Are you a healthy person?

a- Yes, I am b- No, I'm not

3- Answer the questions:

a) How often do you do exercise? _____ (Possible answers: I *always* do exercise /
I *usually* do exercise/ I *sometimes* do exercise / I *hardly ever* do exercise / I *never* do exercise)

b) Do you eat healthy food? _____ (Possible answers: Yes, I do / No, I don't)