

ARE YOU A HEALTHY EATER?

- READ AND LISTEN TO THE TEXTS.
ANSWER THE QUESTIONS:

- ❖ WHOSE DIET IS THE BEST? WHY?
- ❖ WHOSE DIET IS THE WORST? WHY?
- ❖ WHO DOESN'T EAT MEAT?
- ❖ WHO HAS TOAST FOR BREAKFAST?
- ❖ WHO DOESN'T EAT ANYTHING FOR BREAKFAST?
- ❖ WHO DRINKS TEA?
- ❖ WHO EATS CHOCOLATE BARS?
- ❖ WHO DOESN'T EAT FRUIT?
- ❖ DESCRIBE YOUR DIET FOR A TYPICAL DAY.

 MIKE MAINE Breakfast two slices of toast with butter and marmalade Lunch a cheese sandwich Dinner chicken with rice, chips or pasta Snacks sweets and cakes Drinks coffee, milk and lemonade Mike says: I don't like vegetables very much and I never eat fruit or salads. I usually eat two or three packets of sweets a day. You hear a lot about healthy eating, but I just eat the things that I like.	 HEIDI LEE Breakfast a cup of black coffee Lunch a bowl of soup and a bread roll Dinner pasta with tomatoes and cheese Snacks crisps, nuts and sweets Drinks mineral water Heidi says: I'm a vegetarian, so I don't eat meat and I don't like fish. There are people who say that I don't eat enough, but I don't think about food very much. 	 ZOE CASTLE Breakfast a bowl of cereal with sugar and milk Lunch tuna and a salad Dinner chicken or fish with a jacket potato and vegetables Snacks fruit, biscuits and chocolate bars Drinks tea, orange juice and milk Zoe says: I don't eat a lot of meat, except chicken. I prefer fish. I try to avoid things that are bad for you, like crisps and sweets, but I sometimes have a pizza.
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