

Subject: My Healthy Plate! 🍽️

Hi friends!

My name is **Tom**, and I'm 9 years old. I live in **Manchester**, England. I want to tell you about my **healthy plate**!

♥️ On my plate, **there is a little rice**, because I like rice but not too much.

🥕 **There are a few carrots** – they are orange and super healthy!

🐟 **There is some fish**, because it's very good for your brain.

❑ **There is a little spinach**, too. I don't love it, but my mum says it's very healthy!

🍓 And for dessert, **there are a few strawberries**. They are sweet and yummy!

I don't eat candy or chips on my healthy plate. I drink **some water** or **a little orange juice**.

What's on your healthy plate? I'd love to know!

Bye for now!

Tom 😊

1. Choose the correct answer

1. Where does Tom live?

- a) London
- b) Manchester
- c) Birmingham

2. What does Tom eat for dessert?

- a) Ice cream
- b) Strawberries
- c) Chocolate

3. What does Tom drink?

- a) Milk
- b) Water or orange juice
- c) Cola

2. Write True or False

- **Tom is 10 years old.**
- **Tom eats a little rice.**
- **Tom eats candy on his healthy plate.**
- **There are a few carrots on Tom's plate.**
- **Tom drinks a lot of soda.**

3. Fill in the gaps with one vocabulary word

1. There is a little _____. (*rice*)
2. There are a few _____. (*carrots*)
3. There is some _____. (*fish*)
4. There is a little _____. (*spinach*)
5. There are a few _____. (strawberries)