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

LIVEWORKSHEETS

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)

LIVEWORKSHEETS