

VOCABULARY

Food and meals

A Choose the correct options to complete the text.



A good day for me starts with a nice healthy breakfast. It's OK to have only a piece of ¹**bread / crisps** and some milk or ²**juice / rice**, but when I'm really hungry, I have ³**water / eggs**, too!

For lunch and dinner, I don't eat a lot of meat – maybe a little ⁴**tea / chicken**. I cook that with ⁵**potatoes / fruit** and beans, sometimes in a tomato sauce. I eat ⁶**fish / biscuits** – that's very good for your health. But I don't

eat meat or fish every day. I like pasta – my favourite is ⁷**apples / noodles**. Sometimes I cook ⁸**drinks / rice** with vegetables. I put ⁹**cheese / snacks** on top when it's hot – that's my favourite meal when I'm hungry!

And finally, I don't eat snacks like crisps or biscuits. I prefer a piece of fruit like a(n) ¹⁰**chocolate / apple** or a banana. I think that's a good way to stay healthy!