

Reading and Comprehension Activity

Topic: My Daily Meals

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Reading: My Daily Meals

Hello! My name is Ana.

For breakfast, I eat eggs and drink orange juice.

At school, I eat rice, chicken, and a salad.

I drink water, too.

But in the evening, I sometimes eat pizza or ice cream.

I like those foods, but I know they are not very healthy.

I try to eat fruits every day to stay strong and healthy.

Comprehension Questions:

1. What does Ana eat for breakfast?
2. What does she eat at school?
3. What drinks does Ana like?
4. What food is not healthy in the text?
5. What does Ana eat to stay healthy?