

**Instructions: Read the text and underline words associated with food and then decide which food is healthy and which is unhealthy. Write them down on the list.**

Hello this is Mary. Mary is 10 years old and she is a student in the 5<sup>th</sup> class of Primary school. She loves dancing and she does hip-hop three times a week. She loves eating cereals for breakfast and at school she usually eats an apple and drinks milk. At noon she has chicken with potatoes, lentils or pasta with a green salad of lettuce, broccoli or cabbage. After lunch she always eats a small bar of chocolate. In the evening she drinks her orange-juice but sometimes she loves drinking coca cola with biscuits. At night she often has a toast or a slice of pizza. Her favourite day is Sunday because in the morning she eats doughnuts or pancakes with honey, with a hot chocolate for breakfast. Her mother cooks her favourite dish, salmon with chips and carrots for lunch and Mary prepares a cheese and avocado salad. As for dessert there is always apple pie with ice-cream or brownies.

Healthy food Habits

Unhealthy food Habits