

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 5th 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