

Reading Comprehension – Food (Middle School)

Reading: My Eating Habits

Hi! My name is Alex and I am 14 years old. I live in Italy with my family. I want to tell you about my eating habits.

For breakfast, I usually have milk and biscuits. Sometimes I eat toast with jam. I don't like eating fruit in the morning.

At school, I have a snack at 11 a.m. I often eat a sandwich or some crackers. I drink water or fruit juice.

Lunch is my main meal. I usually eat pasta or rice, with vegetables and chicken or fish. I don't eat fast food very often, only on weekends.

In the afternoon, I sometimes have a snack like yogurt or a piece of cake.

For dinner, I eat something light, like soup, eggs, or a salad. I try to eat healthy because I play sports and I want to feel strong and energetic.

Exercises

A. True or False

1. Alex eats fruit every morning.
2. Alex has a snack at school.
3. Lunch is a small meal for Alex.
4. Alex eats fast food every day.
5. Alex plays sports.

B. Answer the questions

1. How old is Alex?
2. What does Alex eat for breakfast?
3. What does Alex drink at school?
4. What does Alex usually eat for lunch?
5. Why does Alex try to eat healthy?

C. Multiple Choice

1. Alex lives in: a) England b) Italy c) Spain
2. At 11 a.m., Alex: a) has lunch b) has a snack c) plays sports
3. For dinner, Alex eats: a) heavy food b) fast food c) light food

D. Vocabulary

1. Breakfast →

2. Lunch →

3. Dinner →

4. Snack →

a) small meal b) evening meal c) morning meal d) main meal of the day