



Let's Read

Read the article below.

8

Theme 3: Health and Environment



What I Eat

My name is Miss Asmah and I am a teacher. I have **cereal** for breakfast. I also have a cup of **hot milk**. Sometimes, I will add fruits such as **strawberries**, **kiwis** and **grapes** in my cereal. For lunch, I have **rice**, **fish** and **vegetables**. For dinner, I have **noodles** and **vegetable soup**. I refer to the food pyramid as my guide.

A. The words in bold are the food and drinks in Miss Asmah's menu. Replace them with your daily menu.

B. Do you think Miss Asmah's diet is healthy or unhealthy? Explain why.

136

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C. Based on the text on page 136, fill in the blanks with your own daily diet. Share it with your friends.

What I Eat

My name is ① _____, I am a

② _____, I have ③ _____

for breakfast. I also have a cup of ④ _____.

Sometimes, I will add fruits such as ⑤ _____,

⑥ _____ and ⑦ _____ in my cereal.

For lunch, I have ⑧ _____, ⑨ _____

and ⑩ _____. For dinner, I have

⑪ _____ and ⑫ _____.

I refer the food pyramid as my guide.

8

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137

LIVEWORKSHEETS