

Read the 3 teenagers' diets and answer the questions below.

Are you a **HEALTHY EATER?**

What do you eat in a typical day?



Johnny Smith

Breakfast two slices of toast with butter and marmalade

Lunch two cheese and ham sandwiches

Dinner a burger with chips

Snacks crisps

Drinks coffee, milk and lemonade

I don't like vegetables very much and I never eat fruit or salads. I usually eat two or three packets of crisps a day. You hear a lot about healthy eating, but I just eat the things that I like.



Emma Wright

Breakfast a cup of black coffee

Lunch a bowl of vegetable soup and a bread roll

Dinner pasta or rice with tomatoes and a small salad

Snacks yoghurt, nuts and fruit

Drinks mineral water

I'm a vegetarian, so I don't eat meat and I don't eat fish either, because I don't like it. There are people who say that I don't eat enough, but I don't think about food very much.



Gabi Malone

Breakfast a bowl of cereal with sugar and milk

Lunch tuna and a salad; a chocolate bar

Dinner chicken or fish with a jacket potato and vegetables

Snacks cakes, biscuits and sweets

Drinks tea, orange juice and milk

I don't eat a lot of meat, except chicken. I prefer fish. I try to avoid things that are bad for you, like crisps and chips, but I sometimes have a pizza.

Who....

1. doesn't eat meat? _____
2. has toast for breakfast? _____
3. doesn't eat anything for breakfast? _____
4. drinks tea? _____
5. eats chocolate bars? _____
6. doesn't eat fruit? _____
7. doesn't like fish? _____
8. eats a lot of crisps? _____
9. likes chicken? _____