








1 Read the sentences and put **or** in the correct place.

1. For dinner you can eat chicken fish.
2. We can watch a DVD play a board game.
3. Do you drink seven eight glasses of water every day?

2 Look and write about what you ate/did yesterday.

What I had	Type of food/activity	How much I need	How much I had/did
Breakfast: _____ _____ _____	Grains 	6 slices of bread or 6 cups of cereal or 3 cups of rice or 3 cups of pasta	
	Vegetables 	2-3 cups	
Lunch: _____ _____ _____	Fruit 	1-2 cups	
	Milk 	3 cups of yogurt or 3 cups of milk or 3 pieces of cheese	
Snack: _____ _____ _____	Meat and Beans 	a piece of meat, chicken or fish or two cups of beans	
	Exercise 	60 minutes every day	
Dinner: _____ _____ _____	Sleep 	10 hours every night	

3 Now compare what you had/did to what you need and write a log. Then present it to the class.

- Yesterday morning, I had _____.
- For lunch, I had _____.
- After school, I _____.
- I had _____.
- I **need** / **don't need** to eat more _____.
- Yesterday **was/wasn't** a healthy day.