

Module 5 Food and Health

School Lunch

Complete the text with the words.

apple | crisps | fizzy drinks | juice
meat | nuts | pasta | salad | sandwiches | water

My lunchbox by Tyler Edwards

I don't usually have school dinners so I take a lunchbox to school every day. In my lunchbox I often have a bag of crisps or maybe a small bag of 1 - I think these are better for you. There's always some fruit too - maybe a nice red 2.

I always have two big 3 - my mum makes them with white or brown bread, and she usually puts some 4 in them like chicken, or perhaps some nice cheese, or some healthy green 5. At our school we can't have 6 like cola, so I always take some apple 7. We can drink 8 too.

When I get home every day, I wash my lunchbox. Then it's time for dinner. We always have a hot meal - perhaps some Italian 9 with vegetables or a big pizza.