



## Let's write.

Writing

Study the information given below.

### Breakfast Set A

- ⇒ whole grain bread cheese sandwich
- ⇒ salad
- ⇒ a glass of milk
- ⇒ fruit
- ⇒ contains protein and fibre



### Breakfast Set B

- ⇒ fried rice
- ⇒ fried sausage roll
- ⇒ fried nuggets
- ⇒ a glass of cola
- ⇒ contains high sugar and excessive oil



I would choose **Breakfast Set A** because it is a healthy meal. The breakfast consists of a whole grain bread cheese sandwich, salad, a glass of milk, and a banana. Most importantly, it contains protein and fibre which is good for our health. Therefore, Breakfast Set A is my choice.

Which lunch set would you choose? Write a paragraph using the phrases given below.



### Lunch Set 1

- ⇒ nutritious meal
- ⇒ rice porridge
- ⇒ anchovies
- ⇒ soya bean drink
- ⇒ fruit
- ⇒ rich in calcium and minerals



### Lunch Set 2

- ⇒ wholesome meal
- ⇒ fried noodles
- ⇒ an omelette
- ⇒ fresh fruit juice
- ⇒ fruit
- ⇒ packed with essential vitamins and fibre



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Write a paragraph about your choice of a healthy dinner.