Health Log

What did Tony eat yesterday?

A. Listen to the audio and fill in the blanks.

Yesterday I had _____ cereal with milk for breakfast. For lunch I had _____ and salad. After school, I played football for one hour. In the _____, I had a bowl of fruit salad. For dinner, I had _____ pasta with vegetables. I had some ice cream for _____. At night I slept for 10 hours. Yesterday was a healthy day!

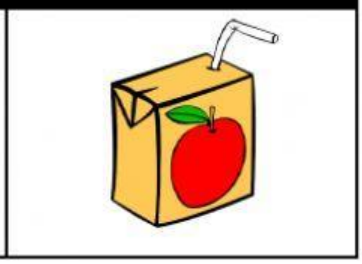
B. Read the statement. Write "True" or "False".

1.	Tony had salad for lunch.	
2.	Tony had a plate of pastas in the afternoon.	
3.	Tony had a bowl of cereal for breakfast.	
4.	Tony slept more than 9 hours.	
5.	Tony had some ice cream with fruit for dessert.	

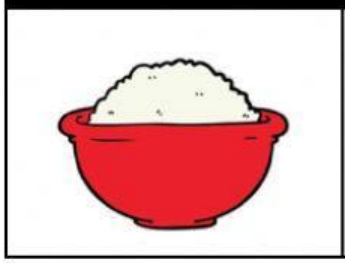
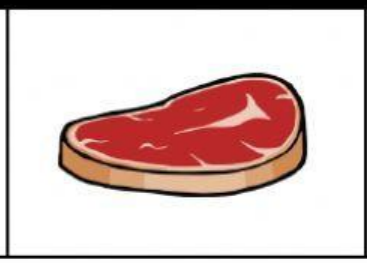
LIVEWORKSHEETS

C. What did Tony eat yesterday? Listen again and click the right pictures.

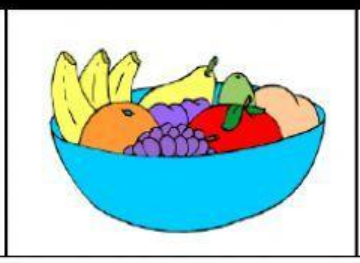
BREAKFAST (sarapan)



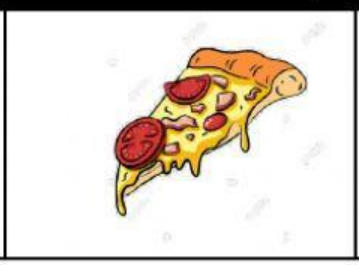
LUNCH (makan tengah hari)

DINNER (makan malam)



DESSERT (pencuci mulut)



LIVEWORKSHEETS

WRITING TASK

D. Fill in the blanks and write your Health Log in our GREEN BOOK.

My Health Log

Yesterday I had _____for breakfast.

For lunch I had _____ and _____.

After PdPr, I _____ for one hour. In the afternoon , I had _____ . For dinner, I had _____ and _____. I had some _____ for dessert . At night I slept for 10 hours. Yesterday was a healthy day!

LIVEWORKSHEETS