

true?

### About you

- I have breakfast at home.
- I have toast and coffee for breakfast.
- I have lunch at work / school.
- I have dinner with my family.
- I eat a lot of fruit and vegetables.
- I like fast food.
- At the weekend I sometimes go to restaurants.

**Read and make the idea true for you!**

**Complete a list of food for each box.**

**HEALTHY**



**UNHEALTHY**



## Complete the questions to interview the class

**Do you eat / drink...?**

Yes, I do

No, I don't

**How often do you eat / drink...?**

I ...(frequency)

**How often do you have...for breakfast / lunch / dinner?**

I ...(frequency)

