

UNIT 5: FOOD AND HEALTH

Exercise 2: complete the text with the words.

apple	crisps	Fizzy drinks	meat	nuts
juice	pasta	salad	water	sandwiches

My lunch box by Tyler Edwards

I don't usually have school dinners, so I take a lunchbox to school everyday. In my lunchbox I often have a bag of _____ or maybe a small bag of (1) _____ - I think these are better for you. There's always some fruits 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 orange (7) _____. We can drink (8) _____ too. When I get home everyday I wash my lunchbox. Then, it's time for dinner. We always have a hot meal - perhaps some Italian (9) _____ with vegetable or a big pizza.

