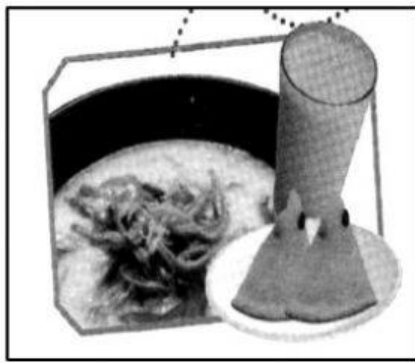
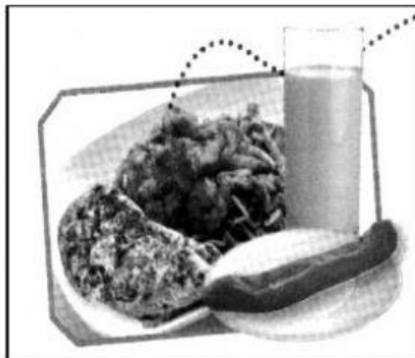


Study the pictures and the information given.



LUNCH
SET 1

- nutritious meal
- rice porridge
- anchovies
- soya bean drink
- fruit



LUNCH
SET 2

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

Exercise A : Fill in the blanks with the correct answers.

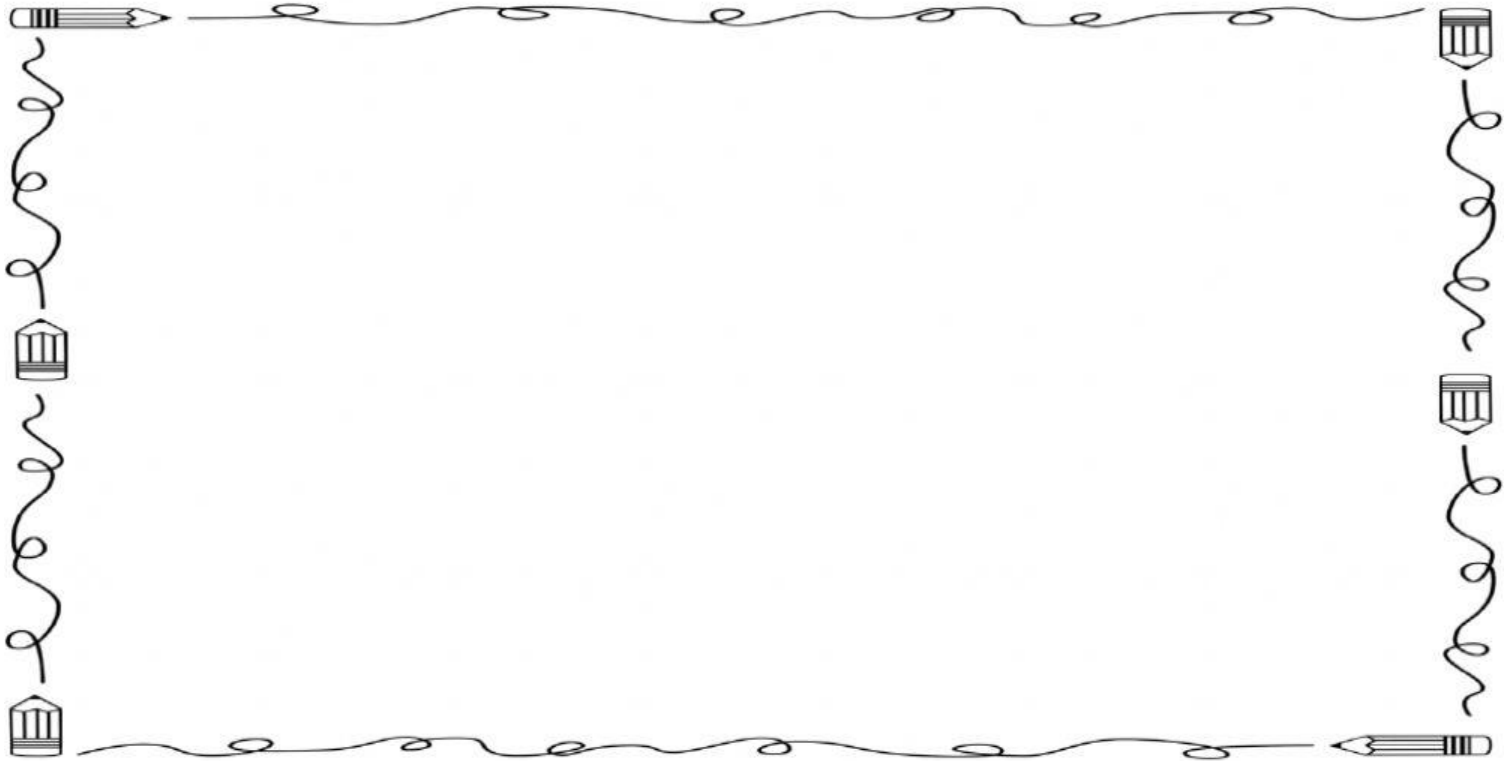
	Set A	Set B
Type of meal		wholesome meal
Main Dish	rice porridge	
Drink		fresh fruit juice



Exercise B : You wish to try one of the lunch sets with your family. Write a message to inform your family of the set you prefer. You may include details such as type of meal, main dish, and what the sets include.

You can use these questions to help you in your writing;

- Which type of meal do you choose?
- Why do you choose the meal?
- What is the main dish?
- What the set include?



Breakfast Set A	Breakfast Set B
<ul style="list-style-type: none">whole grain bread cheese sandwichsalada glass of milkfruitcontains protein and fibre 	<ul style="list-style-type: none">fried ricefried sausage rollfried nuggetsa glass of colacontains 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.