

FABULOUS FOOD

LISTEN AND TICK

breakfast	lunch	dinner
 bread ☐	 rice ☐	 spaghetti ☐
 cereal ☐	 vegetables ☐	 bananas ☐
 ham ☐	 eggs ☐	 apple ☐

Read and write *True or False*.

I love fruit and vegetables and I have five portions a day.
 Here's a typical day for me:
 I have bread, yogurt and orange juice for breakfast.
 I don't like cereal. I have chicken with vegetables and an
 apple for lunch. I don't like meat but chicken is OK.
 In the afternoon, I have a banana and a glass of milk.
 I have spaghetti for dinner, with more vegetables!
 I love broccoli!



- I have two portions of fruit and vegetables a day. _____
- I have cereal for breakfast. _____
- I like chicken. _____
- I have a drink and some fruit for a snack. _____
- I like broccoli for dinner. _____