

My Daily Diet

Read the text below

I wake up at 8:00 am. I like to start the day by eating something light. For breakfast, I have coffee with a marmalade sandwich. Then, I have lunch at noon. I usually eat rice, beans, salad, and meat. However, sometimes I like eating soup or pasta. Since I work far from my house, I eat in a restaurant. At the weekends, I like to prepare my lunch. I sometimes make lasagna, salads, or Mexican food. I usually have a snack at 3:00 pm. I like to drink coffee and some cookies or bread, but sometimes, I have yogurt with fruits. For dinner, I usually eat a sandwich and tea, but sometimes, I only drink tea. I am trying to take care of my diet because I have been suffering from a terrible stomachache because some months ago I was eating a lot of junk food. I also like drinking water every day. I drink from one to two bottles of water. Water is too beneficial for my skin, my diet, and my stomach.



1. Complete the following chart based on the previous text

Breakfast

Lunch

Snack

Dinner

2. Answer the following questions about the previous text

1. Why is he taking care of his diet?

_____.

2. How much water does he usually drink?

_____.

3. How does water help him?

_____.

4. What food do you like the most about his diet?

_____.