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.



LIVEWORKSHEETS

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?

_____.

LIVEWORKSHEETS