

# MY HEALTHY LUNCH



1. Choose food and drink for a healthy lunch. Tick 6 items:

|             |            |       |          |
|-------------|------------|-------|----------|
| meat        | rice       | nuts  | fruit    |
| fish        | salad      | water | yoghurt  |
| pasta       | vegetables | juice | biscuits |
| bread rolls | raisins    | milk  | puddings |



REMEMBER!: There is... (singular)

There are...(plural)

2. Plan and write.

- There \_\_\_\_\_
- There \_\_\_\_\_
- There \_\_\_\_\_
- There \_\_\_\_\_
- There \_\_\_\_\_
- There \_\_\_\_\_