



I don't eat oranges. I can't stand them, but I eat a banana every day. And I usually have some strawberries or an apple after my lunch. Vegetables aren't my favourite food, but I try to eat some every day.

*Samantha, Huddersfield*

I like vegetables very much and I love salads. They're very good for you. I always make a salad in the evening, with some lettuce, a tomato, some cheese and some mushrooms. It's delicious!

*Oscar, Leatherhead*



I usually have some vegetables with my meat, like carrots or mushrooms, but I don't like them very much. I love fruit. I eat all kinds of fruit, but I don't eat strawberries. I'm allergic to them.

*Darren, Bournemouth*

### Read again and answer the questions.

1. What fruit doesn't Darren eat?

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2. What fruit does Samantha eat every day?

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3. What is in Oscar's salad?

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4. Who usually has some fruit after lunch?

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