

## UNIT 3 – READING

## WHAT I ATE YESTERDAY

## Exercise N° 1:

Read the text and find out new words. Look up for the meaning of the words.  
(leer el texto y encontrar nuevas palabras. Buscar el significado)

## What I ate yesterday

### Laura Bailey *model*

**Breakfast** I never miss breakfast! I had some cereal and fruit, and a piece of toast. I'm a bit unusual because I have tea and coffee in the morning. I don't mind in which order, but I need to have both.

**Lunch** I was at my studio all day, so I got takeaway vegetarian sushi from a restaurant called *Itsu*. I became a vegetarian 20 years ago and now I can't imagine living any other way.

**Dinner** I picked up my children from school and we had a snack – cheese and biscuits. In the evening I went to my favourite pizzeria, and I had a vegetarian pasta dish, and two glasses of white wine.

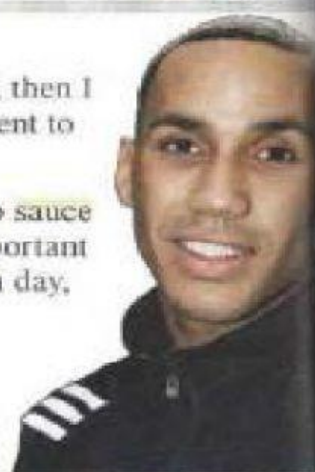


### James deGale *boxer*

**Breakfast** I woke up and went running for an hour and a half, then I came home and had a cup of tea and some porridge. Then I went to the gym and trained.

**Lunch** I had a bowl of pasta with chorizo and bacon in tomato sauce with cheese on top, and an apple and an orange. I have an important fight soon, so my diet has to be very strict now. Three meals a day, and no snacks.

**Dinner** I had a grilled chicken breast and vegetables – mushrooms, sweetcorn and tomatoes. My mum made it – she's a fantastic cook.

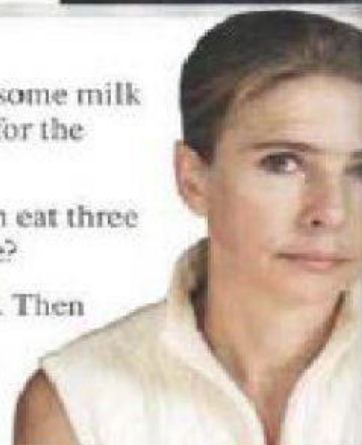


### Lionel Shriver *writer*

**Breakfast** I had an enormous cup of espresso coffee with some milk and a little cream. It's all that I need and gives me energy for the whole day.

**Lunch** I don't eat lunch. I don't understand people who can eat three meals a day. How do they find the time to do anything else?

**Dinner** First I had a glass of sherry and a bowl of popcorn. Then I had grilled fish with some brown rice and vegetables – peppers and onions. For dessert I had a piece of chocolate cake. I drank red wine.



**Exercise N° 2:**

Read the articles again. (leer los artículos otra vez)

Answer the questions with **M** (the model), **B** (the boxer), or **W** (the writer).

(al final de cada oración escribir la letra **M, B, W**)

Who....?

- 1 doesn't like eating during the day
- 2 doesn't eat anything between meals
- 3 didn't have any home-cooked food  
for lunch or dinner
- 4 had fruit for dessert at lunchtime
- 5 never eats meat
- 6 didn't drink any alcohol yesterday
- 7 had a drink and a snack before dinner
- 8 doesn't eat anything for breakfast
- 9 has a strange breakfast habit