Eating healthy is important for staying strong and feeling good. Every day, I make sure to include a variety of foods in my diet.

For breakfast, I like to start my day with a bowl of oatmeal topped with fresh berries and a glass of milk. Sometimes I'll have yogurt with granola and sliced bananas instead.

At lunchtime, I enjoy a big salad filled with colorful vegetables like lettuce, tomatoes, cucumbers, and carrots. I'll add some grilled chicken or tofu for protein and drizzle it with olive oil and vinegar.

In the afternoon, I snack on crunchy carrots or apple slices with peanut butter. It keeps me full until dinnertime.

For dinner, I cook up a delicious meal with lean meats like fish or chicken. I pair it with steamed broccoli, roasted sweet potatoes, and a side salad.

Throughout the day, I make sure to drink plenty of water to stay hydrated. Sometimes I'll have herbal tea or a glass of freshly squeezed orange juice for a refreshing treat.

By eating a balanced diet full of fruits, vegetables, lean proteins, and dairy products, I know I'm giving my body the nutrients it needs to thrive.

What does the person enjoy for breakfast?

a) Pancakes with syrup

b) Oatmeal with fresh berries

c) Bacon and eggs

What protein sources does the person include in their lunch salad?

a) Grilled chicken or tofu

b) Beef steak

c) Fried chicken strips

What does the person snack on in the afternoon?

a) Potato chips

b) Carrot sticks or apple slices with peanut butter

c) Chocolate bars

What does the person drink throughout the day to stay hydrated?

a) Soda

b) Water

c) Energy drinks

What is emphasized as the main beverage choice?

a) Sugary soft drinks

b) Herbal tea or freshly squeezed orange juice

c) Alcoholic beverages

What can be a good title for the text?

a) The food I love

b) The Importance of Good Nutrition

c) Nourish Your Body: A Guide to Healthy Eating