

ARE YOU A HEALTHY EATER?

➤ READ AND LISTEN TO THE TEXTS.
ANSWER THE QUESTIONS:

- ❖ WHOSE DIET IS THE BEST? WHY?
- ❖ WHOSE DIET IS THE WORST? WHY?
- ❖ WHO DOESN'T EAT MEAT?
- ❖ WHO HAS TOAST FOR BREAKFAST?
- ❖ WHO DOESN'T EAT ANYTHING FOR BREAKFAST?
- ❖ WHO DRINKS TEA?
- ❖ WHO EATS CHOCOLATE BARS?
- ❖ WHO DOESN'T EAT FRUIT?
- ❖ DESCRIBE YOUR DIET FOR A TYPICAL DAY.



MIKE MAINE

Breakfast two slices of toast with butter and marmalade
Lunch a cheese sandwich
Dinner chicken with rice, chips or pasta
Snacks sweets and cakes
Drinks coffee, milk and lemonade

Mike says: I don't like vegetables very much and I never eat fruit or salads. I usually eat two or three packets of sweets a day. You hear a lot about healthy eating, but I just eat the things that I like.

HEIDI LEE

Breakfast a cup of black coffee
Lunch a bowl of soup and a bread roll
Dinner pasta with tomatoes and cheese
Snacks crisps, nuts and sweets
Drinks mineral water

Heidi says: I'm a vegetarian, so I don't eat meat and I don't like fish. There are people who say that I don't eat enough, but I don't think about food very much.



ZOE CASTLE

Breakfast a bowl of cereal with sugar and milk
Lunch tuna and a salad
Dinner chicken or fish with a jacket potato and vegetables
Snacks fruit, biscuits and chocolate bars
Drinks tea, orange juice and milk

Zoe says: I don't eat a lot of meat, except chicken. I prefer fish. I try to avoid things that are bad for you, like crisps and sweets, but I sometimes have a pizza.