

Unit 5: Food and Health

Fried Rice

My favourite food is fried rice. I like it because it is tasty and easy to eat. I usually (1) [eat | eats] it for lunch or dinner with my family. Sometimes it (2) [has | have] chicken, egg, and vegetables. Fried rice makes (3) [my | me | I] feel full and happy every time I eat it.

Pizza

My favourite food is pizza. I love the cheesy (4) [topping | toping] and crispy (5) [crust | crum]. I usually eat it with my friends (6) [before | during] parties or weekends. Sometimes I add (7) [extra | bits] mushrooms and chicken. Pizza makes me feel excited because it is delicious and fun to (8) [share | shares] with the people I love.

Spaghetti

My favourite food is spaghetti. I enjoy the (9) [short | long] noodles with tasty tomato sauce. I usually eat it for dinner (10) [for | with] my family. Sometimes we add meatballs or cheese (11) [on | in | at] top. Spaghetti is special because it (12) [reminds | remind] me of family time and makes me feel warm and happy.

Soup Noodles

My favourite food is soup noodles. I like hot broth and soft noodles, especially (13) [on | in | at] rainy days. I (14) [often | never] eat it for breakfast or dinner. Sometimes I add vegetables, chicken, or egg. Soup noodles make me feel warm, healthy, and satisfied (14) [after | before | during] a long and tiring day.

Fill in the blanks about "A Healthy Day in Your Life".

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Yesterday (1) _____ a healthy day for me. I (2) _____ up early and (3) _____ some exercise in the park. After that, I (4) _____ a good breakfast with fruit and milk. At school, I (5) _____ water instead of soft drinks. In the evening, I (6) _____ football and (7) _____ happy.