

Worksheet – Meals & Common Food

Vocabulary

- breakfast, café da manhã
 - lunch, almoço
 - dinner, jantar
 - snack, lanche
 - fruit, fruta
 - vegetable, vegetal / legume
 - meat, carne
 - fish, peixe
 - bread, pão
 - milk, leite
 - water, água
 - juice, suco
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Grammar Point: Countable and Uncountable Nouns

Some food can be **countable** (we can count it) and some is **uncountable** (we cannot count it).

Examples:

- Countable: an apple, two apples, a tomato
- Uncountable: milk, water, rice

We use some/any:

- I have some bread.
 - I don't have any juice.
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Exercise – Fill in the blanks (use some or any)

1. I have ___ milk for breakfast.
 2. She has ___ apples.
 3. We don't have ___ juice.
 4. He has ___ bread and ___ cheese.
 5. Do you have ___ fruit?
 6. They have ___ vegetables for lunch.
 7. I don't have ___ water.
 8. She has ___ fish for dinner.
 9. We don't have ___ meat today.
 10. He has ___ rice and ___ beans.
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Speaking Practice

👉 Create 5 sentences about what you eat for breakfast, lunch, or dinner using **some** / **any**.

Example:

- I have some bread and milk for breakfast.
- I don't have any juice in the morning.

We will practice this together in class.

Reading & Comprehension

Text:



Tom eats breakfast at 7:30. He has some bread, some milk, and an apple. At lunch, he has rice, vegetables, and some fish. He doesn't eat any meat. For dinner, he usually has some soup and bread.

Questions:

1. What does Tom eat for breakfast?
2. Does he eat meat for lunch?
3. What does he usually have for dinner?
4. Does he drink juice for breakfast?

5. Which fruit does he eat in the morning?

Links

-  [English Breakfast Vocabulary – YouTube](#)
 -  [Quizlet deck: Meals & Common Food Vocabulary](#)
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Answer Key

Exercise:

1. some
2. some
3. any
4. some, some
5. any
6. some
7. any
8. some
9. any
10. some, some

Reading:

1. Bread, milk, and an apple
2. No, he doesn't
3. Soup and bread
4. No, he doesn't
5. An apple