

# 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.

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## 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?

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5. Which fruit does he eat in the morning?

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## 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