VOCABULARY
Food and meals

A Choose the correct options to complete the text.



A good day for me starts with a nice healthy breakfast. It's OK to have only a piece of [1]***bread / crisps*** and some milk or [2]***juice / rice***, but when I'm really hungry, I have [3]***water / eggs***, too!

For lunch and dinner, I don't eat a lot of meat – maybe a little [4]***tea / chicken***. I cook that with [5]***potatoes / fruit*** and beans, sometimes in a tomato sauce. I eat [6]***fish / biscuits*** – that's very good for your health. But I don't eat meat or fish every day. I like pasta – my favourite is [7]***apples / noodles***. Sometimes I cook [8]***drinks / rice*** with vegetables. I put [9]***cheese / snacks*** on top when it's hot – that's my favourite meal when I'm hungry!

And finally, I don't eat snacks like crisps or biscuits. I prefer a piece of fruit like a(n) [10]***chocolate / apple*** or a banana. I think that's a good way to stay healthy!

LIVEWORKSHEETS