What's on Your Plate?

Reading: Tanya's Food Diary

A recent study shows that more and more teenagers are not eating a healthy diet. We asked seventeen-year-old student Tanya Fairhurst to keep a food diary, to see what a typical teenager eats and drinks. Does she eat any fruit and vegetables? Are there many hamburgers in her diet? Is there much juice? Read on and find out!

Day 1	Day 2
Breakfast: I woke up late for college, so I didn't eat any breakfast. My mum leaves for work before I'm awake. She left me some cereal, but I threw it away. I had some orange juice instead. **Lunch:** My dad gives me money every week for my lunches, but I use it to download some music and apps, so there's not much money left for food. Today, I had some biscuits instead of lunch. **Dinner:** By 5 p.m. I was hungry, so I had a little peanut butter on bread for a snack, but I didn't eat any vegetables. For dinner, I had a burger. I don't have many big meals because I want to stay slim.	**Breakfast:** I had some bread and drank a lot of water. I was still hungry, but I don't know how to cook, so I didn't eat any more. **Lunch:** I drank a few glasses of orange juice, then I had a banana, some chocolate and a few crisps. I know you should eat five portions of fruit and vegetables a day. I sometimes eat fruit, but I don't eat many vegetables. I hate salad. **Dinner:** I ate quite well this evening because I had dinner with my family. We had soup, chicken, baked potatoes, peppers and broccoli, but I didn't eat any soup or potatoes. I had some apple juice before I went to bed.

Grammar Practice: should & might

Remember!

should = advice or recommendation (It's a good idea.)

- You **should** eat more vegetables. / You **shouldn't** skip breakfast.

might = possibility (Maybe it will happen / Maybe it's true.)

- She **might** be hungry later. / It **might not** be healthy.

Exercise 1:

Choose the correct option: should or might.

1. Tanya doesn't eat many vegetables. She **should / might** eat more fruit and vegetables.
2. Tanya threw away her cereal. She **should / might** be hungry later.
3. Tanya's mum leaves cereal for her. Tanya **should / might** eat it instead of throwing it away.
4. Tanya spends her lunch money on music and apps. She should / might not have enough money for food.
5. Tanya wants to stay slim. She **should / might** eat regular, healthy meals instead of skipping them.
6. Tanya doesn't know how to cook. **She should / might** learn some easy recipes.
7. Tanya had biscuits for lunch. This **should / might** not be very healthy.
8. Tanya eats better when she is with her family. She **should / might** eat with them more often.

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Exercise 2:

Complete the sentences with should, shouldn't, might, or might not.

1. Tanya only had orange juice for breakfast on Day 1. She _____ eat something more for breakfast.
2. Tanya eats a lot of biscuits and crisps. She _____ eat so much junk food.
3. Tanya had a banana on Day 2. She _____ like fruit a little bit.
4. Tanya hates salad. She _____ eat salad very often.
5. Tanya doesn't eat many vegetables. She _____ try to eat five portions a day.
6. Tanya had a burger for dinner. A burger _____ be very healthy for dinner every day.
7. Tanya's family ate soup, chicken and vegetables. Tanya _____ eat meals like this more often.
8. Tanya drinks a lot of juice. She _____ drink more water instead.

Exercise 3:

Read the problems from Tanya's diary. Write advice using should or shouldn't.

1. **Tanya throws away her cereal.**

2. **Tanya spends her lunch money on music and apps.**

3. **Tanya had peanut butter on bread and a burger for dinner.**

4. **Tanya doesn't eat any vegetables.**

5. **Tanya doesn't know how to cook.**

6. **Tanya skips meals because she wants to stay slim.**

Exercise 4:

Think about Tanya's diet. Write sentences about what might or might not happen. Use might or might not.

1. **Tanya doesn't eat breakfast.**

2. **Tanya eats a lot of biscuits and crisps.**

3. **Tanya only drinks juice, not water.**

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4. **Tanya doesn't eat many vegetables.**

5. **Tanya eats better with her family.**

6. **Tanya wants to stay slim but skips meals.**

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