

Unit 5: Eating Right

★ PART 6 (15%) ★
GUIDED WRITING

Question

You have RM10 to buy lunch at the school canteen.

Choose ONE healthy lunch set.

Decide which lunch set you should buy. Give TWO reasons.

Write your answer in 40 to 50 words in a paragraph.

Total: 15%

Content: 10%

Language: 5%

HEALTHY LUNCH SETS

1. SANDWICH SET

- sandwich + juice
- light and healthy



RM8

2. FRUIT SALAD SET

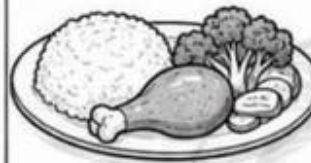
- fruit salad + water
- full of vitamins



RM6

3. RICE AND CHICKEN SET

- rice + chicken + vegetables
- gives energy



RM10

4. CEREAL AND MILK SET

- cereal + milk
- easy to eat



RM7

EAT
HEALTHY
STAY
STRONG

SANDWICH SET



RM8

FRUIT SALAD SET



RM6

RICE AND CHICKEN SET



RM10

CEREAL AND MILK SET



RM7



1	Answer the question 回答问题	I should buy the _____.
2	Reason 1 原因一	First of all, it can give me enough _____ for my lessons.
3	Reason 2 原因二	Moreover, it has chicken and _____, so it is healthy.
4	Extra idea 补充想法	I can also drink some _____ with my lunch.
5	Expectation 说说你的期待	I am sure this lunch set is a _____ choice.

Word Bank

(Choose and use the words to complete the sentences.)

	English	中文意思
1.	rice and chicken set	鸡肉饭套餐
2.	energy	能量
3.	vegetables	蔬菜
4.	water	水
5.	smart	明智的