

3 Read and complete.

At school, Kareem wrote a paragraph about his food diary. Use the information from his diary to complete the paragraph.

Last week, I tried to eat healthy food. On Sunday, for (1) I ate eggs and brown toast. For lunch on Monday, I ate a (2) sandwich and an apple. I ate salad (3) times this week, on (4) and Monday. I also tried to eat lots of vegetables like peas, (5) and broccoli with my dinner. Instead of eating chocolate and crisps, I ate healthy snacks like (5) , nuts and cheese. I only drank (7) can of cola. I think I ate balanced diet last week.