



NAME :

ENGLISH

YEAR 4

11-15 JULY 2021

Read this passage carefully. (Textbook page 55)

Yesterday I had a bowl of cereal with milk for breakfast. For lunch I had meat and salad. After school, I played football for one hour. In the afternoon, I had a bowl of fruit salad. For dinner, I had a plate of pasta with vegetables. I had some ice cream for dessert. At night I slept for 10 hours. Yesterday was a healthy day!

Complete this table with the correct answer from the above passage.

What I had	Type of food/activity	How much I need	How much I had/did
Breakfast: _____ _____ _____	Grains 	6 slices of bread or 6 cups of cereal or 3 cups of rice or 3 cups of pasta	
	Vegetables 	2-3 cups	
Lunch: _____ _____ _____	Fruit 	1-2 cups	
	Milk 	3 cups of yogurt or 3 cups of milk or 3 pieces of cheese	
Snack: _____ _____ _____	Meat and Beans 	a piece of meat, chicken or fish or two cups of beans	
	Exercise 	60 minutes every day	
Dinner: _____ _____ _____	Sleep 	10 hours every night	