Let's write.

Study the information given below.

Breakfast Set A

- whole grain bread cheese sandwich
- salad
- a glass of milk
- fruit
- contains protein and fibre

Breakfast Set B

- fried rice
- fried sausage roll
- fried nuggets
- a glass of cola
- contains high sugar and excessive oil

I would choose **Breakfast Set A** because it is a healthy meal. The breakfast consists of a whole grain bread cheese sandwich, salad, a glass of milk, and a banana. Most importantly, it contains protein and fibre which is good for our health. Therefore, Breakfast Set A is my choice.

Which lunch set would you choose? Write a paragraph using the phrases given below.

Lunch Set 1

- nutritious meal
- rice porridge
- anchovies
- soya bean drink
- fruit
- rich in calcium and minerals

Lunch Set 2

- wholesome meal
- fried noodles
- an omelette
- fresh fruit juice
- fruit
- packed with essential vitamins and fibre

Let's write.

Write a paragraph about your choice of a healthy dinner.

LIVEWORKSHEETS