

Read again and fill in the table.

What Tony had	Type of food/activity	How much Tony needs
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 yoghurt 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

Write in a paragraph.

Yesterday morning, I had _____.

For lunch, I had _____. After

that, I _____. In the afternoon, I had

_____ for my snack. For

dinner, I had _____. I had

some _____ for dessert. At night, I slept

for _____. Yesterday was/ wasn't a healthy day!