

- I would choose Breakfast Set A because it is **a healthy** meal.

- The Breakfast consist of whole grain bread cheese sandwich, salad, a glass of milk and fruit.

- Most importantly, it contains protein and fibre which is good for our health.

- Therefore, Breakfast Set A is my choice.



Lunch Set 1

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

- I would choose _____ because it is _____ meal.

- The _____ consist of _____ and _____.

- Most importantly, it _____ which is good for our health.

- Therefore, _____ is my choice.



Lunch Set 2

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

- I would choose _____ because it is _____ meal.

- The _____ consist of _____ and _____.

- Most importantly, it _____ which is good for our health.

- Therefore, _____ is my choice.

LIVEWORKSHEETS