



### 1 Complete Zac's postcard from South Africa.

morning grapes breakfast fish eggs Hello lunch

1 Hello from South Africa!  
Every 2 \_\_\_\_\_, I get up at 8 o'clock and  
I have a special 3 \_\_\_\_\_ - an omelet  
made from ostrich 4 \_\_\_\_\_. Then for  
5 \_\_\_\_\_ and dinner there are traditional  
meat, chicken, and 6 \_\_\_\_\_ dishes.  
They are delicious! I love the snacks here, too.  
There are cherries, strawberries, and  
7 \_\_\_\_\_. Our food is very healthy!

From your friend, Zac



### 2 Draw your favorite breakfast.

Then write and circle.

My favorite breakfast is \_\_\_\_\_

I drink \_\_\_\_\_ with my breakfast.

My favorite breakfast is healthy / unhealthy?

