Subject: My Healthy Eating Habits

Hi Sofia,

I hope you're doing well! I wanted to tell you a little bit about how I try to stay healthy. Recently, I noticed I was eating too much junk food, so I made some changes. Now, I eat a lot of fruits and vegetables, and I try not to eat many sweets. For breakfast, I usually have some yogurt with a banana. What about you? Do you eat healthy food in the morning?

At lunchtime, I enjoy a salad with some chicken or fish. I love having lots of vegetables in my meals! Do you like vegetables? Or is there any food you don't really like?

In the evenings, I make sure to drink a lot of water, and I always have something light for dinner, like soup or a sandwich. I don't drink much soda anymore—just sometimes when I'm really craving it. Do you drink soda, or do you prefer other drinks? I still enjoy eating pizza and burgers on the weekends, though! How about you? Do you eat fast food sometimes?

I also try to stay fit by going to the gym a few times a week. It's not always easy, but I feel good when I exercise. Do you do any exercise to stay healthy?

I'd love to hear more about your eating habits and what you do to stay in shape!

Best regards,
Becky

LIVEWORKSHEETS