

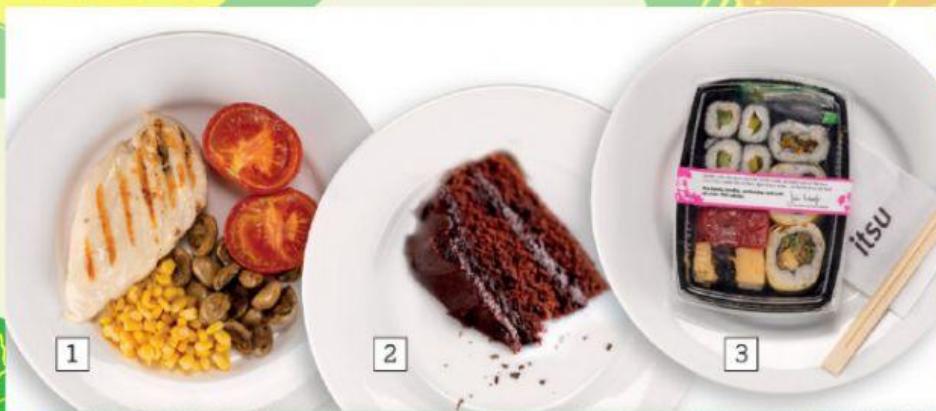
# WHAT I ATE YESTERDAY

Read the three articles about what they (a model, a boxer and a writer) ate yesterday.

Then, answer the questions with M (the model), B (the boxer), and W (the writer)

WHO...

- a. doesn't like eating during the day?
- b. doesn't eat anything between meals?
- c. didn't have any home-cooked food for lunch or dinner?
- d. had food for dessert at lunchtime?
- e. never eats meat?
- f. didn't drink any alcohol yesterday?
- g. had a drink and a snack before dinner?
- h. doesn't eat anything for breakfast?
- i. has a strange breakfast habit?



## What I ate yesterday

### Laura Bailey *model*

**Breakfast** I never miss breakfast! I had some cereal and fruit, and a piece of **toast**. I'm a bit unusual because I have tea and coffee in the morning. I don't mind in which order, but I need to have both.

**Lunch** I was at my studio all day, so I got **takeaway** vegetarian sushi from a restaurant called **Its**u. I became a vegetarian 20 years ago and now I can't imagine living any other way.

**Dinner** I picked up my children from school and we had a snack – cheese and biscuits. In the evening I went to my favourite pizzeria, and I had a vegetarian pasta **dish**, and two glasses of white wine.

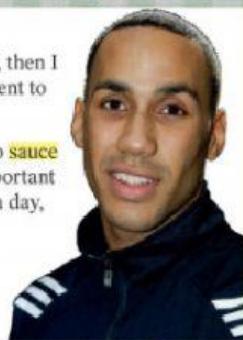


### James deGale *boxer*

**Breakfast** I woke up and went running for an hour and a half, then I came home and had a cup of tea and some porridge. Then I went to the gym and trained.

**Lunch** I had a **bowl** of pasta with chorizo and **bacon** in tomato **sauce** with cheese on top, and an apple and an orange. I have an important fight soon, so my diet has to be very strict now. Three **meals** a day, and no snacks.

**Dinner** I had a **grilled** chicken **breast** and vegetables – mushrooms, **sweetcorn** and tomatoes. My mum made it – she's a fantastic cook.



### Lionel Shriver *writer*

**Breakfast** I had an enormous cup of espresso coffee with some milk and a little cream. It's all that I need and gives me energy for the whole day.

**Lunch** I don't eat lunch. I don't understand people who can eat three meals a day. How do they find the time to do anything else?

**Dinner** First I had a glass of sherry and a bowl of **popcorn**. Then I had grilled fish with some brown rice and vegetables **peppers** and onions. For dessert I had a piece of chocolate cake. I drank red wine.

