

Months of the Year and Food



1. Put the months in the correct order.

January July May February June September
March October August November April December



2. Listen and complete with the words from the box.

banana french fries soda cheese tea water fish orange cereal salad

Hi, my name is Chris. I'm a personal trainer, that means, I help people to be in shape. I eat very healthy food and I do a lot of exercise. I wake up at 6:30 every morning. I normally have an apple or a (a) _____. I also eat granola or a bowl of (b) _____. It is very important to drink a lot of (c) _____ in the morning so you have energy for the rest of the day. At 10AM, I usually eat a (d) _____ sandwich and a fruit like an (e) _____. I have lunch at 1pm and I have a lettuce (f) _____ and some (g) _____ soup. I drink juice or water but never (h) _____. At 7pm, I eat an avocado sandwich or sometimes I eat it with ham. I also drink (i) _____ of different flavors. Sometimes, I eat (j) _____ but only on special occasions. They are not very healthy.

