

# Months of the Year and Food



1. Put the months in the correct order.

1)	2)	3)
4)	5)	6)
7)	8)	9)
10)	11)	12)

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.

