

## Unit 5: Food and Health

### Fried Rice

My favourite food is fried rice. I like it because it is tasty and easy to eat. I usually (1) [ eat | eats ] it for lunch or dinner with my family. Sometimes it (2) [ has | have ] chicken, egg, and vegetables. Fried rice makes (3) [ my | me | I ] feel full and happy every time I eat it.

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### Pizza

My favourite food is pizza. I love the cheesy (4) [ topping | toping ] and crispy (5) [ crust | crum ]. I usually eat it with my friends (6) [ before | during ] parties or weekends. Sometimes I add (7) [ extra | bits ] mushrooms and chicken. Pizza makes me feel excited because it is delicious and fun to (8) [ share | shares ] with the people I love.

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### Spaghetti

My favourite food is spaghetti. I enjoy the (9) [ short | long ] noodles with tasty tomato sauce. I usually eat it for dinner (10) [ for | with ] my family. Sometimes we add meatballs or cheese (11) [ on | in | at ] top. Spaghetti is special because it (12) [ reminds | remind ] me of family time and makes me feel warm and happy.

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### Soup Noodles

My favourite food is soup noodles. I like hot broth and soft noodles, especially (13) [ on | in | at ] rainy days. I (14) [ often | never ] eat it for breakfast or dinner. Sometimes I add vegetables, chicken, or egg. Soup noodles make me feel warm, healthy, and satisfied (14) [ after | before | during ] a long and tiring day.

Fill in the blanks about "A Healthy Day in Your Life".

did                  played                  woke                  was                  ate                  drank                  felt

Yesterday (1) \_\_\_\_\_ a healthy day for me. I (2) \_\_\_\_\_ up early and (3) \_\_\_\_\_ some exercise in the park. After that, I (4) \_\_\_\_\_ a good breakfast with fruit and milk. At school, I (5) \_\_\_\_\_ water instead of soft drinks. In the evening, I (6) \_\_\_\_\_ football and (7) \_\_\_\_\_ happy.