



Leo's Match Day Food Plan!

Before the match, Leo talks to the nutritionist about his meals. Look at the food pictures and draw lines to complete the dialogue.



Before the match...

Nutritionist: Hi Leo! Let's check your food plan for tomorrow's match.

Leo: Sure! What do I need for breakfast?

Nutritionist: You need some .
It's the white drink in the bottle.
and an . It's the red fruit.

Leo: Great! Do we have any ?
I want something fruity to drink.

Nutritionist: Yes, we do. We also have some .
They're small, red, and sweet.

Leo: What about lunch?

Nutritionist: You can have .
They come from hens.
and , with lettuce and tomatoes,
but don't drink any
from the can before the match.

Leo: OK! I'll follow the plan.

Food pictures

