Level A2 English Reading: Breakfast, Lunch, and Dinner

I. Read the text carefully

Marta eats three meals a day. For breakfast, she always has the same thing: a cup of coffee, peanut butter on toast, and a banana. This meal gives her the energy she needs for the morning. She usually eats at 7:30 and she starts work at 8:30. Before she leaves the house for her office job, she always fills a water bottle and brings it with her. She drinks water all day.

At 10 or 10:30, Marta has a snack at her desk. Sometimes, she eats a granola bar. Other times, she eats an apple or some nuts. And of course, she drinks water. Her job is very busy, but she knows it's important to eat and to stay hydrated.

At noon, it's time for lunch! Marta usually eats leftovers from the day before. Today, she is eating chicken, rice, and broccoli. Sometimes, she likes to buy apple juice or orange juice from the office vending machine. One bottle of juice costs two dollars and twenty-five cents.

Marta gets home around 5 p.m. and has dinner at 6. Today, she is having fish with mashed potatoes and salad. Marta will not bring the leftovers to work tomorrow because fish has a strong smell and she wants to be polite to her colleagues. She is not sure what she will have for lunch tomorrow. She says to herself, "I think I will make a
sandwich."

How about you? What do *you* usually have for breakfast?

II. Complete the gaps with one to three words

1) As a rule, Marta eats three times _____.
2) She puts _____ on her toast in the morning.
3) She has breakfast because it gives her _____ for the morning.
4) She works in the _____.
5) She usually takes a _____ to drink during the day.
6) The first meal Marta has at work is a _____.
7) She may eat a granola bar, an apple or _____.
8) She usually has lunch at _____ o'clock.
9) The food for lunch is something left from _____.
10) Sometimes, she buys drinks from the _____.
11) She won't take fish for work tomorrow because it has _____.
12) She will possibly take a _____.

LIVEWORKSHEETS