



Let's Read

Read the article below.

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Theme 3: Health and Environment



What I Eat

My name is Miss Asmah and I am a teacher. I have **cereal** for breakfast. I also have a cup of **hot milk**. Sometimes, I will add fruits such as **strawberries**, **kiwis** and **grapes** in my cereal. For lunch, I have **rice**, **fish** and **vegetables**. For dinner, I have **noodles** and **vegetable soup**. I refer to the food pyramid as my guide.

A. The words in bold are the food and drinks in Miss Asmah's menu. Replace them with your daily menu.

B. Do you think Miss Asmah's diet is healthy or unhealthy? Explain why.

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KPM

2.1

3.2.1(a)

C. Based on the text on page 136, fill in the blanks with your own daily diet. Share it with your friends.

What I Eat

My name is ①_____. I am a ②_____. I have ③_____ for breakfast. I also have a cup of ④_____. Sometimes, I will add fruits such as ⑤_____, ⑥_____ and ⑦_____ in my cereal. For lunch, I have ⑧_____, ⑨_____ and ⑩_____. For dinner, I have ⑪_____ and ⑫_____. I refer the food pyramid as my guide.

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LIVEWORKSHEETS