## My Eating Habits

Hi ! I'm Sandra. My eating habits are not very healthy. Mom is always angry with me. I don't like milk but ( I must drink it because it builds a strong body ). I always have cookies, chocolate, cakes and candies in the morning. When I a mat school, I usually eat a bar of chocolate and some popcorn and (I know I musn't do this ). For lunch, I often have potatoes with meat and some mayonnaise. In the afternoon, I drink some juice and in the evening, I have chicken with rice. I think (I should change these habits if I want to be healthy ).

## Reading Comprehension :

A/ I complete the daily eating routine of Sandra.

## Daily eating routine

Breakfast :
Snack:
Lunch : $\qquad$
Dinner : $\qquad$
$\mathrm{B} / \mathrm{I}$ answer the following questions from the text.

1. Is Sandra an unhealthy eater ?
2. Does Sandra have to stop eating candies and cakes ?
3. What should she do then ? $\qquad$

C/ I match the word and its opposite.

| healthy | never |
| :--- | :--- |
| always | seldom |
| usually | keep |
| Change | unhealthy |

D/ I classify the underlined words in the text in the right column.

|  |  |  |
| :--- | :--- | :--- |
|  |  |  |

E/ I supply the right punctuation and capital letters.
fruits and vegetables are fantastic because they help to keep us healthy

F/ I write what the sentences between brackets express in the text.
1.
2.
3.
$\qquad$
.
. $\qquad$

G/ I write.
As Sandra, inform your classmates about your eating habits. Give details about the four meals of the day, breakfast, snack, lunch and dinner.

