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 :					
_unch :					
Dinner :					
	B/ I answer the following questions from the text.				
 Is Sandra an unhealthy eater? Does Sandra have to stop eating candies and cakes? What should she do then? 					
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.					
by 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.					•••••

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.