

EVERYDAY LIFE

FOOD

WORKSHEET

Complete the sentences below by filling in the blanks:

- _____ is good for you but _____ is not good for you.
- I try to eat a lot of _____.
- I am trying to eat less _____.

*good for you = healthy

** not good (bad) for you = unhealthy

EXERCISE 3: KEEP A FOOD DIARY

Look at the diary pages below. For the next two days, record everything you eat or drink in your diary. You might be surprised! Bring your diary to class and compare with a partner. Who eats more healthily?

Day 1

Breakfast

Lunch

Dinner

Snacks

Drinks

Day 2

Breakfast

Lunch

Dinner

Snacks

Drinks
