

MY EATING HABITS

- What do you eat for breakfast/lunch/dinner
- What is your favourite food
- What food do you dislike
- What your intake of healthy and unhealthy food is
- How many sugary drinks you have a day/a week
- How much freshly prepared food you eat
- Do you eat together with your family



In my family we do not have breakfast together during the week because everyone has a different schedule. My parents often have a sandwich and a cup of tea, and I have a bowl of cornflakes with cold milk.

For lunch, I usually have a ham and cheese sandwich and drink tap water. When I have a longer break, I buy pasta at a Chinese restaurant.

Our main meal is dinner in late afternoon. We have it together and we often eat freshly prepared vegetable soup. My favourite food is tikka masala chicken that is pasta or rice with some spicy chicken sauce. I love spicy Asian food.

My diet consists of healthy and unhealthy foods. At home I usually have healthy and nutritious dishes, but I love sweets and fast food, and I sometimes have a burger with chips, or chicken nuggets. It is filling and fattening but also tasty. I love cola but I drink it only on special occasions for example birthdays.

I totally dislike cooked vegetables especially onions. I am not a great fan of fruit but I always have an apple in the evening.