MY FOOD DIARY:

|  | **Breakfast** | **Break** | **Lunch** | **Dinner** |
| --- | --- | --- | --- | --- |
| **Monday** | **milk and cereal** | **vegetable sandwich** | **meat and fish** | **salad and chicken** |
| **Tuesday** | **toasts and milk** | **banana** | **lentils and rice** | **salad and cucumber** |
| **Wednesday** | **biscuits and milk** | **liquid yogurt** | **meatballs and couscous** | **salad and fish** |
| **Thursday** | **toasts and milk** | **apple** | **spaghetti and cauliflower** | **salad and meat** |
| **Friday** | **chocolate biscuits and milk** | **vegetable sandwich** | **broccoli and garbanzo beans** | **salad and hamburger** |

PROJECT 6:

MY FOOD REPORT

| **On Monday I had milk and cereal for**  **breakfast. At break, I had a vegetable sandwich. For lunch, I had meat and fish. For dinner, I had salad and chicken.** | **On Tuesday I had toasts and milk. At break, I had a banana. For lunch, I had lentils and rice. For dinner, I had a salad and a cucumber.** |
| --- | --- |

| **On Wednesday I had biscuits and milk for breakfast. At break, I had a liquid yogurt. For lunch, I had meatballs and couscous. For dinner, I had a salad and fish.** | **On Thursday I had toasts and milk for breakfast. At break, I had an apple. For lunch, I had spaghetti and cauliflower. For dinner, I had salad and meat.** |
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| **On Friday I had chocolate milk and biscuits for breakfast. At break, I had a vegetable sandwich. For lunch, I had broccoli and garbanzo beans. For dinner, I had salad and a hamburger.** |
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**By Iraitz**