

What do you eat?

A. Think (by yourself) Write down your answers. Compare your answers with your partner.

1. How many meals do you eat every day?

- a) Three or more
- b) Two
- c) One

2. How often do you eat fruit?

- a) Three times a day
- b) Once or twice a day
- c) Three or four times a week (or less)

3. How often do you eat salad or vegetables?

- a) Three times a day
- b) Once or twice a day
- c) Three or four times a week (or less)

4. How often do you eat meat/fish?

- a) Three times a day
- b) Once or twice a day
- c) Three or four times a week (or less)

5. How often do you drink coffee or other "hot" drinks?

- a) Almost every day
- b) Three or four times a week
- c) Once or twice a week (or less)

6. How often do you eat sweets?

- a) Almost every day
- b) Three or four times a week
- c) Once or twice a week (or less)