

P.5A By Metre Food

(C) Base on the information chart on p.2, write some comments on your partner's eating habit. Give some advice to him / her if necessary.



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Sharon does not have a balanced diet. ✓

She has enough grains such as rice and noodles. She does not have enough vegetables. She should have more vegetables. She does ^{not} have enough fruits. She should have more fruits like bananas and mangoes.

She eats enough meat. She is very healthy. She does not eat enough dairy products. She should eat more dairy products. She does not have any water.

She should drink a lot of water.

She eats some fast food like pizzas. She has some soft drinks. Good!

I think she should eat more grains, fruits and vegetables. She should drink more water. She should eat less junk food. If she eats too ^{much} more junk food, she will be fat. ✓