

## Answer the questions.

a) What shouldn't you eat for breakfast all the time?

b) What are grains?

c) How many meals do you need to eat?

## Correct the mistakes in these sentences.

a) Dinner is the most important meal of the day.

b) You should eat a lot of cake.

c) Eggs and meat are dairy products.

d) Nuts, fresh fruit and ayran are unhealthy snacks.

e) Kids who don't eat breakfast learn better at school.