

MY WEEKLY MEAL PLAN

Look at the plan and answer the questions

Day of the week	BREAKFAST	LUNCH	DINNER	SNACKS (2/day)
MONDAY	-Milk -Toast	-Rice -Peppers -Water	-Soup -Pineapple juice	-Yoghurt -Banana
TUESDAY	-Milk -Cereals	-Salad -Fish -Water	-Sandwich -Orange juice	-Chocolate -Apple
WEDNESDAY	-Orange juice -Biscuits	-Salad -Chicken -Coke	-Salad -Hamburguer -Water	-Peach -Melon
THURSDAY	-Orange juice -Toast	-Sausages -Potatoes -Pineapple juice	-Soup -Broccoli -Water	-Chocolate -Yoghurt
FRIDAY	-Milk -Biscuits	-Pizza -Orange juice	-Sandwich -Peppers -Water	-Ice-cream -Apple
SATURDAY	-Milk -Cereals	-Rice -Sausages -Coke	-Hamburguer -Chips -Coke	-Melon -Chocolate
SUNDAY	-Pineapple juice -Toast	-Fish -Potatoes -Coke	-Pizza -Water	-Ice-cream -Banana

HOW OFTEN DOES SHE EAT/DRINK...AT THE WEEK?

Yoghurt: *She eats yoghurt twice a week.* **Toast:**

Milk: **Orange juice:**

Cereals: **Sandwich:**

Potatoes: **Sausages:**

Chocolate: **Hamburguer:**

Soup: **Coke:**

Rice: **Salad:**

Water: **Melon:**

Pizza: **Fish:**