

# opinions about food and nutrition



## Qs:

1. What did you eat today?
2. Describe some of your favorite foods.

■ Now, read the sentences below. Circle the numbers that best express your opinions.

■ Then, compare your answers with your classmates. Give reasons.

Eating is fun.	1	2	3	4	5
Hamburgers are better than pizza.	1	2	3	4	5
Learning how to cook is easy.	1	2	3	4	5
Breakfast is the most important meal of the day.	1	2	3	4	5
Everyone should eat at least five fruits or vegetables each day.	1	2	3	4	5
Tea and coffee are bad for you.	1	2	3	4	5
Eating meat isn't healthy.	1	2	3	4	5
Everyone should stop eating junk food.	1	2	3	4	5
Water is better than milk or juice.	1	2	3	4	5
It's not healthy to eat at night.	1	2	3	4	5
It would be great to work as a chef in a restaurant.	1	2	3	4	5
Shopping for food is fun.	1	2	3	4	5

## POSSIBLE ANSWERS

- 5 I agree completely
- 4 I mostly agree
- 3 I'm not sure
- 2 I mostly disagree
- 1 I disagree completely

