

Hi Hamed,

I'm doing a project about healthy and unhealthy food. Yesterday I interviewed my friend, Adel and asked him about his eating habits. Adel told me he eats rice every day, but he doesn't eat potatoes. He eats meat once a week. But he never eats chicken. His favorite drink is orange juice. He drinks it every day. He likes sweets, but he doesn't eat them very often. Are his eating habits healthy or unhealthy? What do you think?

Amr

Hi Shima,

I'm doing a project about healthy and unhealthy food. Yesterday I interviewed my teacher, Noor and asked her about her eating habits. Miss. Noor told me she eats rice and fish every day, but he doesn't eat red meat (goat and cow). She eats dry fish once a week. But she never eats chips. Her favorite drink is pin apple juice. She drinks it every day. She likes sweets specially Galaxy. Are her eating habits or unhealthy? What do you think?

Abeer