**MY EATING HABITS**

**I usually have four meals a day: snack at 10:00 , lunch , snacks at 17:00 and dinner. My mum doesn’t cook me only what I love , because she thinks that diet should be balanced. I never have breakfast , because I have to go to school by bus and I could feel sick. At school I eat a sandwich with cured meats. For lunch I usually have a complete menu with pasta (like *ravioli*, *spaghetti*, *lasagne* and so on) and meat. For dinner I usually have an only main course such as cured meats with vegetables (broccoli or fresh salad). I usually eat meat and fish twice a week like Thursday and Friday. Sometimes I eat vegetables or fruit , like apple , banana , peaches , broccoli and mixed salad. I have fast food once a week like pizza , A*rancini* or hot dogs. I sometimes drink beer, wine or coffee. I love coffee because it gives me energy. I sometimes eat Italian sweets like *Viennese.* I think my diet is quite healthy and varied based on different dishes like fish, meat , pasta and sweet.**