**MY EATING HABTS**

**I usually have three meals a day : breakfast ,lunch ,dinner .My mum doesn’t cook me what I love eating because it isn’t healthy. Every morning I have breakfast, with coconut yogurt and biscuits .For lunch I usually have a complete menu for example tomatoes sauce spaghetti, roast chicken and chips .For dinner I usually have a complete menu too, for example beef and salad I usually eat fish and meat twice a week. I usually eat legumes like lentils and beans. I also eat fruit like banana, cherry, orange, lemon and strawberry. On Saturday I usually have pizza, chips and *arancini* especially on particular occasions. Once a week but especially on Saturday night I go to the pub and drink beer “Sangria”and vodka with my friends. I always eat sweet because I am very greedy! Especially after lunch or dinner .I’m aware that my diet is not very healthy because I eat lots of snacks.**