**MY EATING HABITS**

**I usualy do 3 meals a day : breakfast , lunch, and dinner.**

**My mum always cooks what I like because and I actually like everything. I can call myself “the joy of grandmothers”. In the morning I rarely have breakfast because I have to wake up early in the morning to catch the bus.**

**I sometimes eat very much for lunch because when I get back home from school , I’m tired and I don’t feel like eating... But sometimes I eat a little pasta and yoghurt or I eat what we cook at school .**

**I usually have a second course for dinner or on special occasions and soon after I often have a dessert but I need immediately something salty. I have fish almost every Saturday evening and meat once or twice a week with roast potatoes and onion as a side dish. I eat often legumes , salad , generally have vegetables because I like them a lot and I’m crazy for pasta with lentils and I eat my favourite fruit every day the banana with kiwi and strawberries.**

**I don’t often go to fast food because I prefer eating more genuine and I often prepare fast food at home with ingredients I know.**

 **I don’t drink wine or beer or other alcoholic drinks because I don’t like them.**

**I eat sweets and I’m greedy for dark chocolate, in fact every Sunday I like experimenting with new dishes, both sweet and salty.**

**In my opinion my diet isn’t very healthy, also because I eat almost every day the same things. I think instead that we have to vary our diet , because it's really important to try new things .**