**MY EATING HABITS?**

**I usually have four meals a day: breakfast, lunch, dinner and a snack.**

**My mum does not always cook what I love.**

**For breakfast, I usually have a yogurt.**

**For lunch I usually eat pasta with mixed vegetables, lentils, beans and other legumes. Just a 1st course.**

**For dinner I usually eat meat. Just a main / second course.**

**I eat meat three times a week but I don’t eat fish because I don’ t like it.**

**I don’t generally have a side dish but I have vegetables and legumes with pasta and eat some fruit at each meal.**

**I eat fast food once a week.**

**I do not drink alcoholic beverages.**

**I eat sweets two-three times a week.**

**In my opinion, my diet is healthy, because it includes healthy foods.**