

Name:
Adults 3

Reading

1. Read three articles from a series *What I ate yesterday*. Which person did eat meals from 1 to 3?

Model ☐

Boxer ☐

Writer ☐

2. Read the article again.

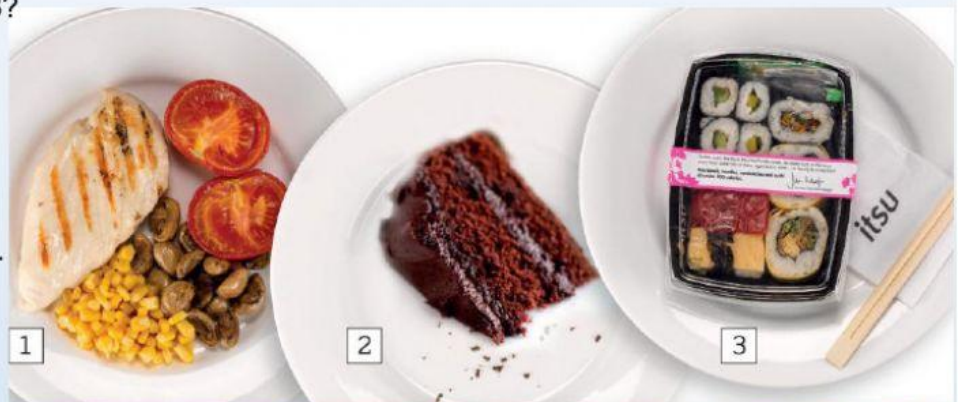
Answer the questions

With **M** (the model),

B (the boxer), or **W**

(the writer). Who...?

1. doesn't like eating during the day. ☐
2. doesn't eat anything between meals. ☐
3. didn't have any home-cooked food for lunch or dinner. ☐
4. had fruit for dessert at lunchtime. ☐
5. never eats meat. ☐
6. didn't drink any alcohol yesterday. ☐
7. had a drink and a snack before dinner. ☐
8. doesn't eat anything for breakfast. ☐
9. has a strange breakfast habit. ☐



What I ate yesterday

Laura Bailey *model*

Breakfast I never miss breakfast! I had some cereal and fruit, and a piece of **toast**. I'm a bit unusual because I have tea and coffee in the morning. I don't mind in which order, but I need to have both.

Lunch I was at my studio all day, so I got **takeaway** vegetarian sushi from a restaurant called *Itsu*. I became a vegetarian 20 years ago and now I can't imagine living any other way.

Dinner I picked up my children from school and we had a snack – cheese and biscuits. In the evening I went to my favourite pizzeria, and I had a vegetarian pasta **dish**, and two glasses of white wine.

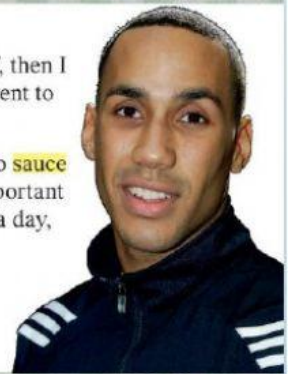


James deGale *boxer*

Breakfast I woke up and went running for an hour and a half, then I came home and had a cup of tea and some porridge. Then I went to the gym and trained.

Lunch I had a **bowl** of pasta with chorizo and **bacon** in tomato **sauce** with cheese on top, and an apple and an orange. I have an important fight soon, so my diet has to be very strict now. Three **meals** a day, and no snacks.

Dinner I had a **grilled chicken breast** and vegetables – mushrooms, **sweetcorn** and tomatoes. My mum made it – she's a fantastic cook.



Lionel Shriver *writer*

Breakfast I had an enormous cup of espresso coffee with some milk and a little cream. It's all that I need and gives me energy for the whole day.

Lunch I don't eat lunch. I don't understand people who can eat three meals a day. How do they find the time to do anything else?

Dinner First I had a glass of sherry and a bowl of **popcorn**. Then I had grilled fish with some brown rice and vegetables – **peppers** and onions. For dessert I had a piece of chocolate cake. I drank red wine.

