

My Diet

Diet is the important part of every day after drinking. Diet can be healthy or unhealthy.



Healthy diet is better. Healthy diet is vegetables, fruit, fish or dairy products like cheese or cottage cheese. Unhealthy diet is fast food like KFC or McDonald's. My diet is varied. I eat meat, vegetable and fruit too. I mostly eat healthily, but sometimes unhealthily. For breakfast I usually eat bread with butter, ham, cheese and sometimes scrambled eggs or sausages. I don't

understand people who don't have breakfast, because breakfast is the beginning of every day. For lunch I can eat everything. Something like chicken with potatoes, schnitzel or my favourite meal sushi. We go to the



restaurant name's Cobe. This is the best Czech restaurant where sushi is served. I like fish too. My favourite fish is salmon and for Christmas we eat carp. Carp is traditional Christmas food. For last time of the day, for dinner, I eat some light meal like a roll or bread with ham, cheese or some another side dishes. Sometimes

I have salad or sausages. I like every food except "porridge". My favourite unhealthy food is KFC. All in all, it is a healthy lifestyle.

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