

Free Sample Worksheet - You Are What You Eat

Vocabulary Chart

Fruits: apple, banana, orange

Vegetables: broccoli, carrots, spinach

Grains: rice, bread, noodles

Proteins: chicken, eggs, fish

Snacks: chips, cookies, candy

Writing Prompt

What do you usually eat for breakfast, lunch, or dinner?

Write 3 complete sentences:

1. _____

2. _____

3. _____

Grammar Example - Count/Non-Count Nouns

Count nouns: an apple, two cookies

Non-count nouns: some rice, a lot of milk