

1 You must eat fruits and vegetables	2 You must not go to McDonald's every day	3 You must drink at least two liters of water per day
4 You must not drink too many fizzy drinks	5 You must not eat too many fatty foods	6 You must not go to sleep too late and you must do sport
7 I think that to be in form you must eat well	8 Overall I am well !	9 Overall I am in good health
10 I am going to eat meat and I am going to drink wine	11 We had bread with some butter and we drunk milk and some orange juice	12 I ate some pasta with my friends and then we went to the cinema
13 I went to McDonald's with my brother where we had a burger and some chips	14 This morning I had breakfast in the kitchen with my mum and then I went to school by bike	15 Tomorrow we are going to have lunch at school and then we are going to go to town with John
16 You must not eat too much chocolate and you must not go to bed too late	17 In my opinion I am not too fat not too skinny. I am fine like I am!	18 I don't eat any meat and I don't drink any milk but I have always some chicken and some orange juice

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