

The Food I Eat

Reading A-Z Vocabulary Book
Word Count: 214

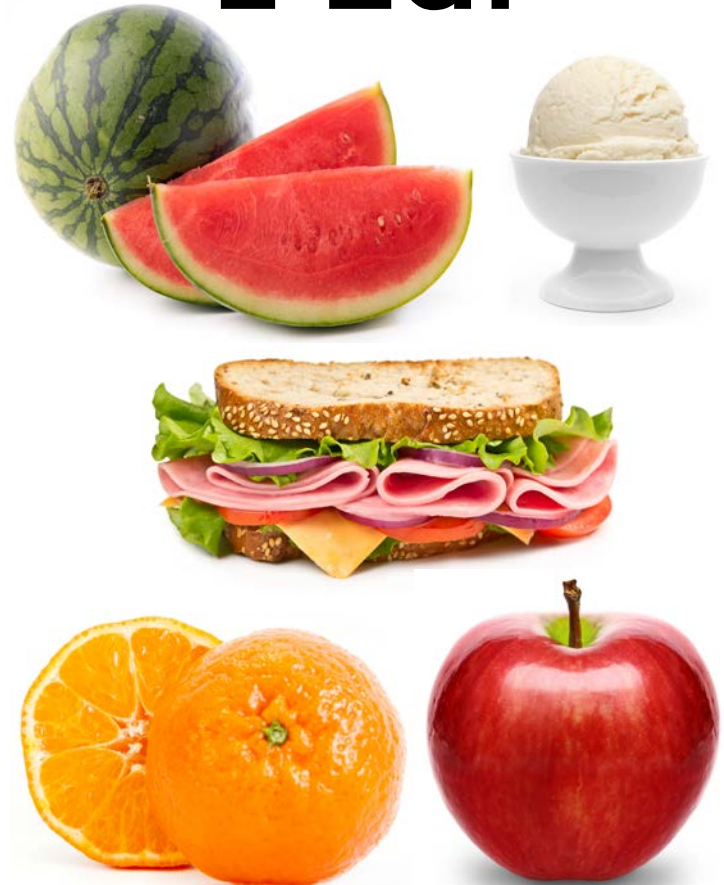


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VOCABULARY

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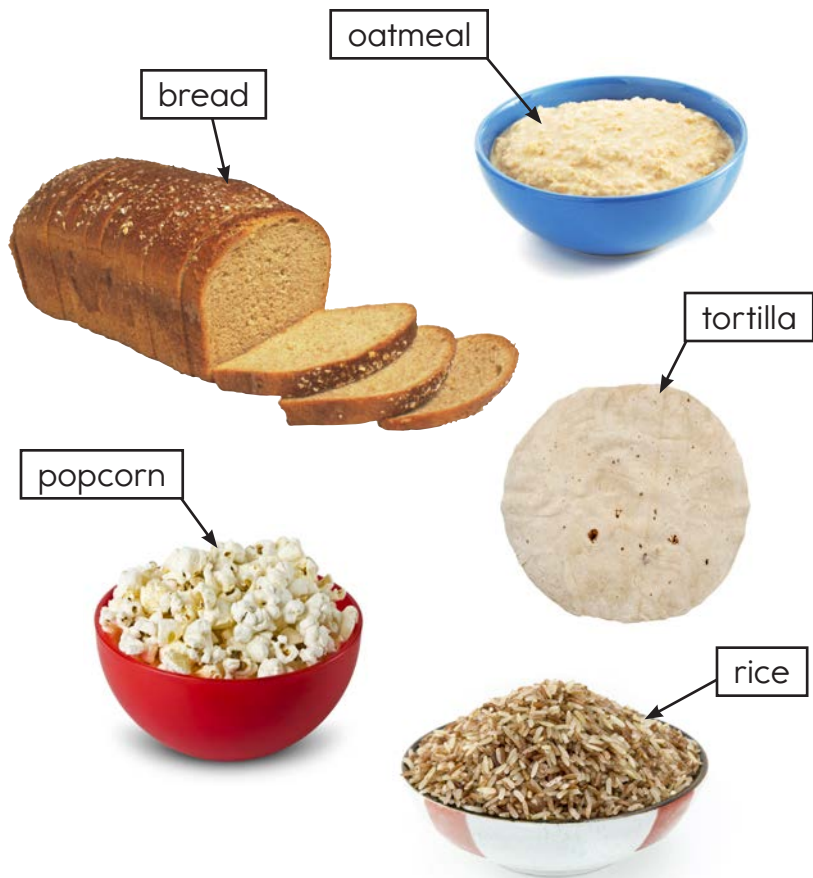
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Vocabulary Book
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Grains

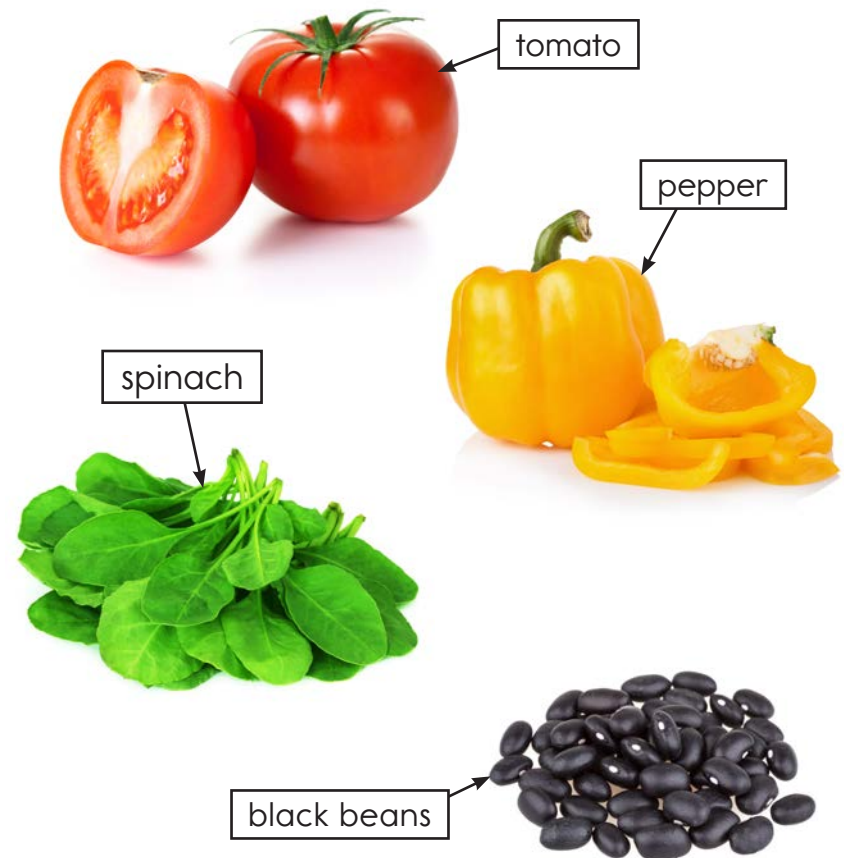
I eat grains every day.

I eat oatmeal for breakfast.

I eat bread for lunch.

I eat popcorn for a snack.

I eat rice and tortillas for dinner.



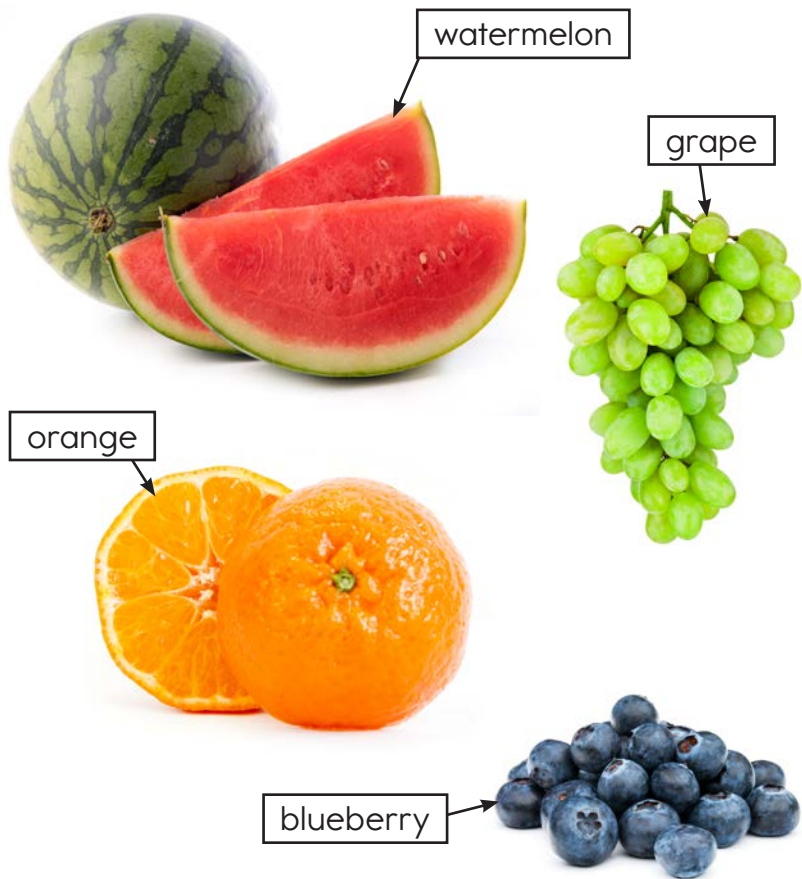
Vegetables

I eat vegetables every day.

I eat spinach and tomatoes for lunch.

I eat peppers for a snack.

I eat black beans for dinner.



Fruit

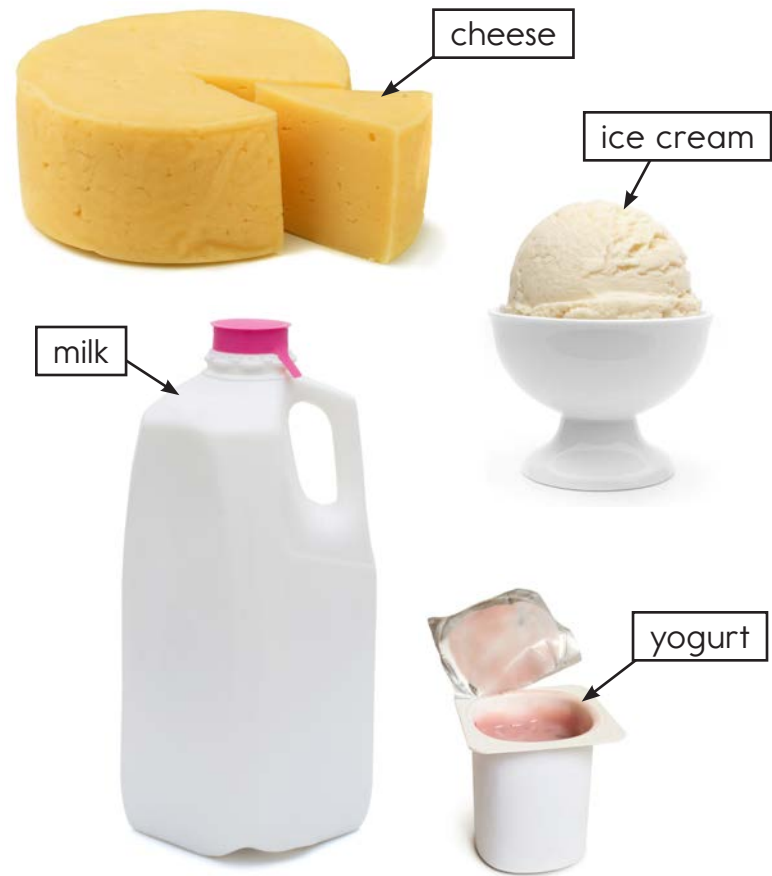
I eat fruit every day.

I eat blueberries for breakfast.

I eat watermelon for lunch.

I eat grapes for a snack.

I eat an orange after dinner.



Dairy

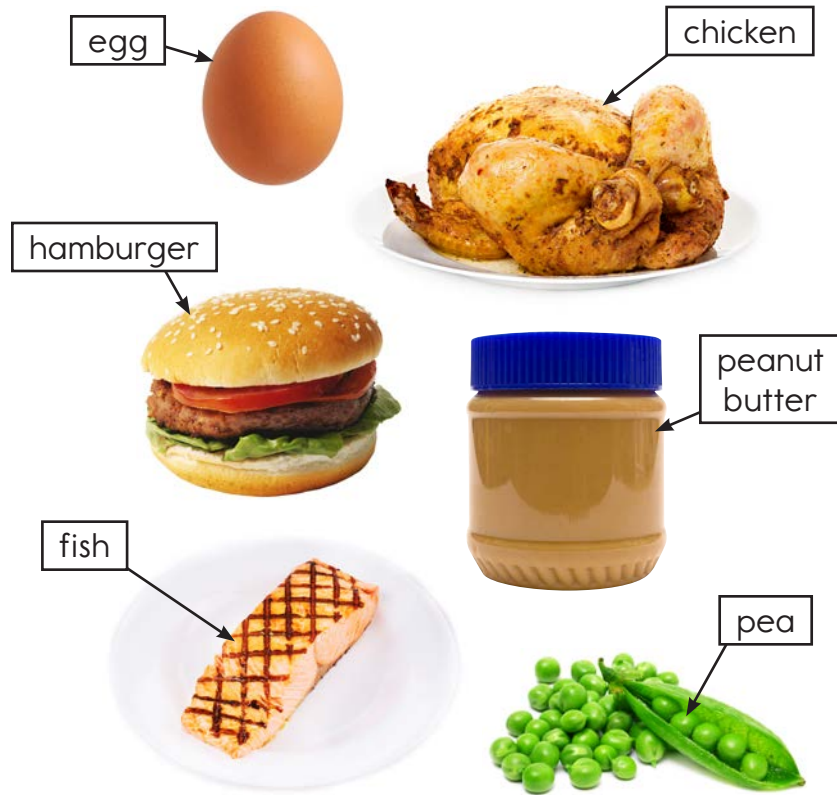
I have dairy every day.

I drink milk for breakfast.

I eat cheese for lunch.

I eat yogurt for a snack.

I eat ice cream after dinner.



Proteins

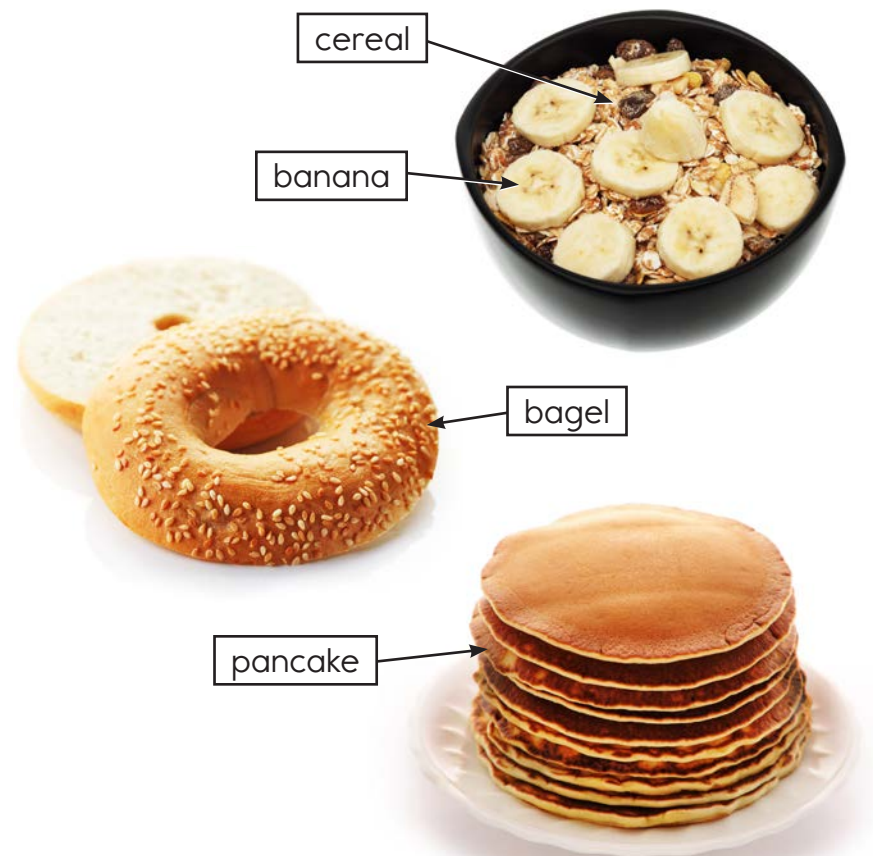
I eat proteins every day.

I eat an egg for breakfast.

I eat chicken for lunch.

I eat peanut butter for a snack.

I eat fish or hamburgers
and peas for dinner.



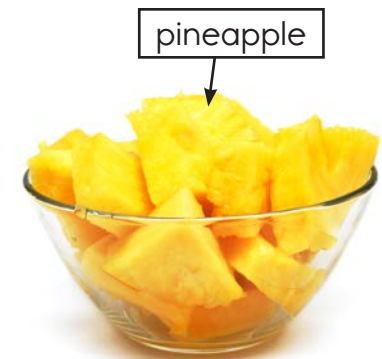
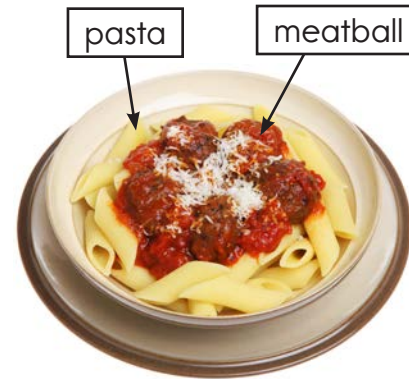
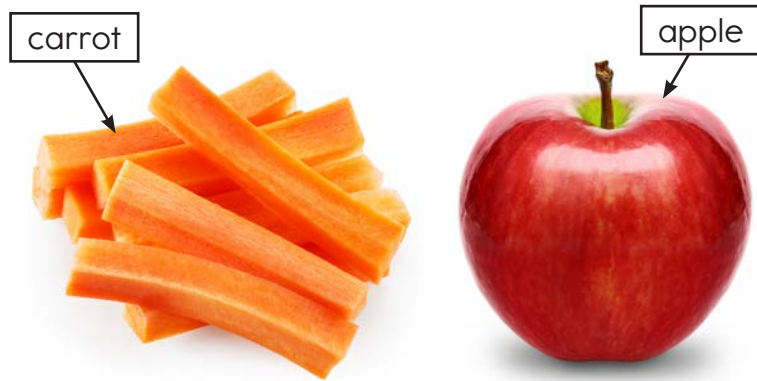
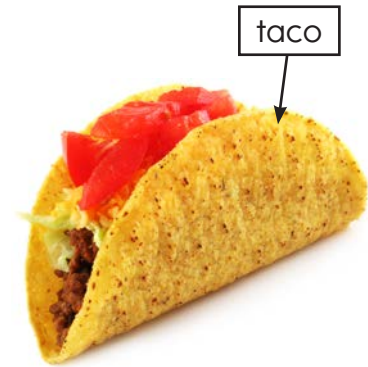
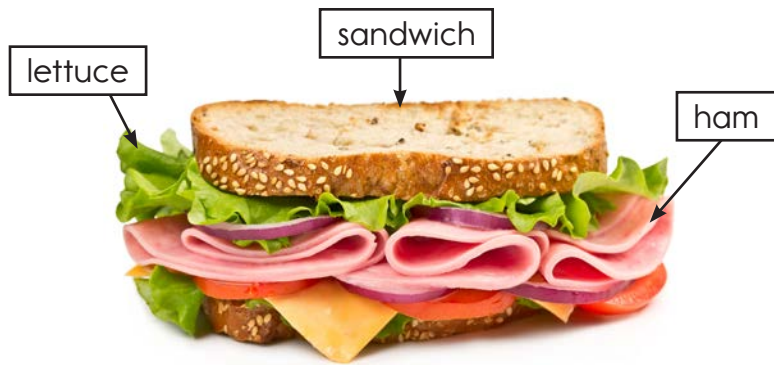
Breakfast

I eat all kinds of foods
for breakfast.

I eat cereal with a banana.

I eat bagels.

I eat pancakes.



Lunch

I eat all kinds of foods for lunch.

I eat a sandwich with ham and lettuce.

I eat carrots with my sandwich.

I eat an apple when

I finish my sandwich.

Dinner

I eat all kinds of foods for dinner.

I eat a salad.

I eat tacos.

I eat pasta with meatballs.

I eat pineapple after dinner.