



CEFR A1 · VOCABULARY & SPEAKING

# Food I Eat Every Day

Learn everyday food and drink words, and say what you eat and drink: "I eat rice." / "I drink water."

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## 1 Warm-up

GET READY













Think about these questions, or talk with a partner. You do not need to write.

1. What food do you eat every day?
2. What do you drink in the morning?
3. What is your favourite food in English? Do you know its name?
4. What do you eat for breakfast, lunch and dinner?






## 2 Food, Drinks & "I eat / I drink"

LANGUAGE FOCUS

Food Words. Say each one out loud.

 bread	 rice	 eggs	 cheese	 chicken	 fish
 apple	 banana	 carrot	 tomato	 salad	 pasta

Drink Words. We eat food, but we drink liquids.


 water	 milk	 juice	 tea	 coffee
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Saying What You Eat and Drink. Use eat for food and drink for liquids.

I / You / We / They + eat + food → I eat rice.

I / You / We / They + drink + a drink → I drink water.

I + don't + eat / drink → I don't eat fish.

 eat or drink?

 eat → food (rice, bread, apple)

 drink → liquid (water, milk, tea)

## Meals of the Day.

MEAL	WHEN?	EXAMPLE SENTENCE
<b>breakfast</b>	in the morning	"I eat eggs for breakfast."
<b>lunch</b>	middle of the day	"I eat rice for lunch."
<b>dinner</b>	in the evening	"I eat fish for dinner."
<b>a snack</b>	between meals	"I eat an apple as a snack."

for breakfast

for lunch

for dinner

every day

### 3 Key Vocabulary

### WORDS TO LEARN

WORD	MEANING	EXAMPLE
<b>food</b> <i>NOUN</i>	things we eat	<i>I like food from many countries.</i>
<b>drink</b> <i>VERB/NOUN</i>	to put liquid in your mouth; a liquid	<i>I drink water every day.</i>
<b>eat</b> <i>VERB</i>	to put food in your mouth	<i>We eat rice for dinner.</i>
<b>breakfast</b> <i>NOUN</i>	the first meal, in the morning	<i>I eat eggs for breakfast.</i>
<b>lunch</b> <i>NOUN</i>	the meal in the middle of the day	<i>I have a salad for lunch.</i>
<b>dinner</b> <i>NOUN</i>	the meal in the evening	<i>We eat fish for dinner.</i>
<b>bread</b> <i>NOUN</i>	a food made from flour	<i>I eat bread with cheese.</i>
<b>rice</b> <i>NOUN</i>	small white grains, a common food	<i>My family eats rice every day.</i>
<b>fruit</b> <i>NOUN</i>	sweet food from plants, like apples	<i>I eat fruit as a snack.</i>
<b>favourite</b> <i>ADJ.</i>	the one you like best	<i>Pasta is my favourite food.</i>

On My Plate **Diego — Mexico**

Hello! My name is Diego and I am thirteen. For **breakfast** I **eat** eggs and bread. I **drink** orange juice. For **dinner** we eat chicken with rice. My favourite food is tacos!

**Fatima — Morocco**

Hi, I am Fatima and I am twelve. In the morning I drink mint tea — it is very popular in my country. I eat bread with cheese for breakfast. For **lunch** my family eats a big plate of rice and vegetables. I do not eat fish, but I love **fruit**.

**Yuki — Japan**

My name is Yuki. I am fourteen. For breakfast I eat rice, fish and an egg. I drink green tea. I do not drink coffee. For lunch I take a small box to school with rice and vegetables. My **favourite** food is noodles.

**Grace — Kenya**

Hello! I am Grace and I am thirteen. For breakfast I eat bread and a banana, and I drink milk. For dinner we eat ugali with vegetables and meat. I eat an apple as a snack at school. I drink a lot of water every day because it is hot in my city!

## 5 Vocabulary Review

## QUICK REVIEW

**eat** VERB

To put food in your mouth and swallow it.  
"I eat rice for dinner."

**drink** VERB

To put liquid (water, milk) in your mouth.  
"I drink water every day."

**breakfast** NOUN

The first meal of the day, in the morning.  
"I eat eggs for breakfast."

**lunch** NOUN

The meal you eat in the middle of the day.  
"I have a salad for lunch."

**dinner** NOUN

The meal you eat in the evening.  
"We eat fish for dinner."

**favourite** ADJ.

The thing you like the best of all.  
"Pasta is my favourite food."

## 6 Practice: Fill in the Blanks

YOUR TURN

Write **eat** or **drink**, a **food / drink word**, or a **meal name** on each line.

- 1 I \_\_\_\_\_ water every day. *(verb for water, milk, tea)*
- 2 I \_\_\_\_\_ rice for dinner. *(verb for rice, bread, apples)*
- 3 The first meal of the day is \_\_\_\_\_. *(in the morning)*
- 4 We \_\_\_\_\_ milk in the morning. *(verb for milk)*
- 5 An apple and a banana are \_\_\_\_\_. *(sweet food from plants)*
- 6 The meal in the evening is \_\_\_\_\_. *(last big meal)*
- 7 I don't \_\_\_\_\_ fish, but I like chicken. *(verb for fish)*
- 8 We \_\_\_\_\_ bread with cheese for breakfast. *(verb for bread)*

## 7 Speaking: Food Interview

LET'S TALK

1. What do you eat for breakfast?
2. What do you drink in the morning?
3. What is your favourite food?
4. What do you eat for dinner?
5. What food do you not like?

### EXAMPLE DIALOGUE

**A:** What do you eat for breakfast?

**B:** I eat bread and eggs. I drink milk.

**A:** What is your favourite food?

**B:** My favourite food is pasta. And you?

**A:** I like rice and chicken. I don't eat fish.

**B:** Me too! What do you drink with dinner?

## 8 Writing Task

WRITE IT DOWN

Write 30–50 words about the food and drink you have every day.

- I use the verb **eat** for food (I eat rice).
  - I use the verb **drink** for a drink (I drink water).
  - I write one **meal name** (breakfast, lunch or dinner).
  - I say my **favourite** food or drink.
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## 9 Comprehension Quiz

SHOW WHAT YOU KNOW

Circle the correct answer (A, B, C or D).

1. Which verb do we use for water and milk?

- A eat
- B drink
- C read
- D play

2. Which verb do we use for rice and bread?

- A drink
- B listen
- C eat
- D look

3. What is the first meal of the day?

- A dinner
- B lunch
- C breakfast
- D a snack

4. Choose the correct sentence:

- A I drink rice.
- B I eat rice.
- C I drink bread.
- D I eat water.

5. Which one is a drink?

- A chicken
- B apple
- C juice
- D bread

6. The meal in the evening is \_\_\_\_\_.

- A breakfast
- B lunch
- C dinner
- D fruit

7. In the reading, what does Grace drink a lot of?

- A coffee
- B water
- C tea
- D juice

**8. Choose the correct sentence:**

- A I no eat fish.  B I doesn't eat fish.  
 C I don't eat fish.  D I not eat fish.

**✓ Answer Key**

**FOR SELF-CHECK**

**Part 6 — Fill in the Blanks**

1. **drink** · 2. **eat** · 3. **breakfast** · 4. **drink** · 5. **fruit** · 6. **dinner** · 7. **eat** · 8. **eat**

**Part 9 — Quiz**

1. **B** (drink) · 2. **C** (eat) · 3. **C** (breakfast) · 4. **B** (I eat rice)  
5. **C** (juice) · 6. **C** (dinner) · 7. **B** (water) · 8. **C** (I don't eat fish)