



Primary 4.1 students
write about
their eating habits

I eat both healthy and unhealthy food. I like fish, pizza and bananas. I also like meat and eggs. I love school food. It is usually healthy and tasty. At home both my parents cook. My favourite food is chicken and potatoes in the oven. My favourite snack is "piroshki" – it has a soft crust and a delicious filling.

by Jason Aliferis



I love both healthy and unhealthy food. I eat a lot of meat, fruit and vegetables but I don't like fish and orange juice. I always eat some yoghurt in the morning. On school days I take a sandwich, a cheese pie, some chocolate, biscuits and crisps. At home my mum makes cheese pies and vegetables. My favourite food is chicken and steak with green salad.

by Marina Zidianaki



I love healthy food because I like fruit. I also like eggs and some vegetables. But, I also have unhealthy food because it is delicious! In the morning I don't eat anything. At school I eat fruit, chocolate or cake. I finish school and then I have lunch. It's usually spaghetti.

by Fotini Papadopoulou

I usually eat healthy food but sometimes I eat unhealthy food. At school I often eat a sandwich with cheese and some salad. At home, I usually eat pasta or beans and sometimes meat. Every night I have the same thing: yoghurt.

by Maggie Pervanidi

**What's
on your plate?**



I eat a lot of fruit and meat. In the morning I don't eat any food but every Saturday and Sunday I have breakfast. On school days I have juice, biscuits and ...BAKE ROLLS! At noon I eat meat, spaghetti and legumes. In the evening I eat some fruit and a sandwich.

by Lefteris Gerbesiotis

I love healthy food. I always eat a lot of fruit and vegetables. I eat eggs and meat too, but I don't like fish. Every day I eat some fruit at school. At home I eat my meal and I always eat some salad with it. I love salad!

by Maria Irene Gotsi Molho



I love healthy food. I eat a lot of fruit and vegetables, and I eat meat and spaghetti, too. I always drink milk in the morning. On school days my dad makes delicious sandwiches! My mum cooks every day and her specialty is "pastitsio" – it's a special dish from Greece.

by Nick Ntagkas

I love healthy food. I eat fruit and vegetables every day and I eat fish and eggs. I also like meat. In the morning I eat one slice of bread and I drink two cups of milk. On school days I take a sandwich, a banana or an apple. My favourite food is egg-plant. In my family my grandma makes special food.

by Eleanthi Rizou



I have a healthy diet. I eat a lot of fruit and vegetables every day. I also eat some meat and a little fish because I don't like it very much. I love eggs – omelettes are my favourite. For breakfast I have cereal with milk or bread with butter and jam. At school I have a cheese sandwich. When I come home from school, our lunch is ready. My mum can cook delicious pasta. We have a big salad, too. Sometimes we have ice cream after lunch. But my favourite food is a Greek dish: I love meat with roast potatoes. I have a small snack and a glass of milk in the evenings before I go to bed.

by Peter Hajidimitriou



I love healthy food. I eat a lot of fruit and vegetables. My favourite food is meat with rice – it's delicious! I always eat an apple or an orange in the morning. But at school I eat some toast with butter and honey and I drink orange juice. Healthy food is really nice!

by Elektra Armakola

