



Primary 4.2 students
write about
their eating habits

I love healthy food. I eat a lot of fruit and cheese every day. I like fish, eggs, meat and chicken. I don't like vegetable soup. My favourite food is spaghetti. Every morning I have milk with cereal for breakfast. In my family my mum makes very nice food. It is sometimes salad, eggs or rice. In Greece, we have got lots of special foods like spinach pie and moussaka.

by Billy Attilakos



I love healthy food, but I sometimes eat unhealthy food at parties. I have milk and cereal every morning. My favourite food is spaghetti. I also eat lots of fruit - usually in the evenings. In the summer I eat lots of ice cream. It's delicious. My parents are very good cooks. In Greece we have delicious fish, but I don't like fish so much...

by Dimitra Hetzaki



I love healthy food. I eat fruit and vegetables every day! My favourite food is spaghetti. I also eat salad. I usually have cereal with milk for breakfast. Both Mum and Dad make nice food, but I think that my grandma makes the best food in my family. In Greece, we have special foods such as souvlaki or spinach pie. We also eat bean soup in Greece. Greece has lots of olive trees. I love olives!

by Madeleine Alvanou

I like healthy food. I eat lots of fruit and some vegetables. In the morning I always drink milk with cocoa. I always have lunch at my grandma's house. My favourite food is spaghetti. In my family, my grandma makes the best food. In my country we have special foods such as pastitsio, moussaka, Greek salad and cheese pie.

by John Panagiotopoulos

**What's
on your plate?**



I love healthy food. I eat a lot of fruit and vegetables. I also eat fish and meat too, but I don't like bean soup. I really like fish soup and fruit salad. Every morning I have cereal, toast and a glass of milk. On school days, I take fruit and a huge sesame seed bar for the break. The best food in my family is made by my dad and my grandma. In my country the "Greek" salad is a very special food. In this salad there is some cucumber, some tomatoes, a little onion, some olives and a piece of feta cheese.

by Katerina Foka



I love healthy food. I eat a lot of fruit and vegetables and I eat meat and eggs too. I don't like fish. My favourite food is pizza. I always eat cereal with milk in the morning. I often make cake, popcorn, milkshake and salad with my family. Greece is my country. One of our special dishes is beans.

by Danae Kyriakouli



I have a healthy diet and I love it. I eat a lot of fruit and vegetables. I like fish but I don't like eggs or meat. My favourite food is tortellini with cheese. It's delicious! In the morning I eat yogurt, fruit, vegetables and toast. For lunch, I have some carrots, an apple, toast and sometimes yogurt. My parents make very nice food. My dad makes very nice omelette and my mum makes delicious salad with corn. Bean soup is a special dish in my country but I don't eat it because I don't like beans.

by Dimitra Pateli

I have nice healthy food in the morning. I eat some cereal with milk for breakfast. I also like to eat cheese pie or sausage pie. At school I have toast or an apple. I sometimes eat a piece of cake. I have lunch at school. My favourite food is souvlaki with tomato and mustard, it's a special food in my country. At home, my mum makes very nice food. My dad isn't a good cook. In the evening I eat chocolate or a nice "dakos" salad.

by Dimitris Legakis

