

# Meals of the Day

I have a breakfast in the morning, a lunch is in the noon and a dinner is in the evening. In the morning, I often eat bread or rice and drinking fruit drink, sometimes I eat porridge. In the noon, I often eat rice with foods and in the evening, I eat rice with foods, too.

I want to cut down my fat belly, so I eat one rice bowl per meal. I also eat snacks in the afternoon in every day, I sometimes eat with my friends and we are very happy. I prefer to eat at home than eat out, because I like eating pizza and spaghetti.

I always drink milk at before go to bed in the evening. I also eat fruit, because they are delicious and nutritious. I can cook, but I am not good at this.