Academia MÉTODO

Food

breakfast
- cheese
- cereal
- coffee
- butter
- eggs
- bread
- jam
- toast
- tea
- sugar
- milk
- (orange) juice

lunch / dinner
- meat
  - sausages
  - ham
  - chicken
  - steak
- (olive) oil
- pasta
- rice
- salad
- fish

vegetables
- chips (French fries)
- carrots
- a lettuce
- mushrooms
- onions
- peas
- tomatoes
- potatoes

fruit
- apples
- bananas
- oranges
- a pineapple
- strawberries

desserts
- ice cream
- cake
- fruit salad

snacks
- crisps
- chocolate
- biscuits
- sweets
- sandwiches