My Healthy Diet

Breakfast: I always eat a piece of toast and I have a glass of water for breakfast. I have full energy after I have breakfast.

Lunch: I often eat a bowl of rice, a piece of steak and some vegetables. For vegetables, I always choose colourful vegetables.

Dinner: I sometimes have a bowl of rice, vegetables and pork chop for my dinner.

Write about some healthy habits:
1. Drink 8 glasses of water every day.
2. Eat 2 servings of fruits and 3 servings of vegetables every day.
3. Sleep at least 8 hours each day.
4. Do some exercises every day.
5. Be happy every day.