

My Healthy Lunch

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| Hello, I am Shawn. I have dinner every day.        For dinner, I have some bread. It belongs to the grains group. I have cucumber and lettuce. They belong to the vegetables group. I have some oranges too. They belong to the fruits group. I also have chicken and fish. They belong to the protein group.         I also drink a glass of milk. It belongs to the dairy group.               I like my healthy lunch. |