

سفارش غذا

- First, decide what you would like to order.
- Find your favourite restaurant's number.
- Dial their number.
- Place your order.
- Wait for your delivery.
- Pay the delivery person.

در رستوران ...

- Find a seat.
- Look at the menu.
- Call the waiter over.
- Wait for your food.
- Enjoy your meal.

تهیه ساندویچ ...

- Choose your favorite bread.
- Choose your condiments.
- Choose your Fillings
- You can eat the sandwich cold.
- You can also cook the sandwich.

صبحانه کامل ...

Always include cereal and oatmeal.
Have fresh fruit with your breakfast,
Try to add some vegetables to your eggs.
Drink juices that have lots of calcium.
Avoid pastries.

تهیه چایی...

Boil the water.
Put the tea bag in the cup.
Add hot water.
Let the tea steep.
Enjoy your tea.