Hello teacher, my name is Tam. I’m 19 years old. I come from Ha Nam. I ‘m studying software application. And today, I’ll talk about

I eat three meal a day. I usually have breakfast at 7 a.m at home . I usually eat snacks like instant noodles, bread for my breakfast . In the afternoon ,  I usually have lunch at 11 a.m at school with my friend. I usually­ eat rice with pork, vegetable soup, fried fish. I sometime eat dumplings or rice noodles. In the evening, I eat dinner at 7 p.m at home with my family. We usually eat rice with chicken. Then I often drink fruit juices such as mango, apple, watermelon. I keep leftover food in the fridge,  so that in the next morning I can take it out to eat My favorite food is french fries.I love to cook so I usually cook for my family. And I often learn many dishes with recipes online . I'm happy to do it.

That’s all my topic. Thamk you for listening.