

# GETTING AHEAD (A)

I drank a softdrink <b>5 Steps</b>	I ate chips <b>2 Steps</b>	I drank an energy drink <b>5 Steps</b>	I ate biscuits <b>4 Steps</b>
I ate green beans <b>7 Steps</b>	I ate rice & beans <b>6 Steps</b>	I ate peanut butter <b>1 Step</b>	I drank fresh orange juice <b>7 Steps</b>
I ate a ham & salad sandwich <b>9 Steps</b>	I ate an apple <b>7 Steps</b>	I drank a glass of milk <b>5 Steps</b>	I ate whole-grain bread <b>7 Steps</b>
I ate a baked potato <b>8 Steps</b>	I ate a bowl of vegetable soup <b>11 Steps</b>	I ate ice cream <b>4 Steps</b>	I ate a banana <b>7 Steps</b>