

# GETTING AHEAD (A)

<p>I drank a cola/ soda. <b>5 Steps</b></p>	<p>I ate potato chips. <b>2 Steps</b></p>	<p>I drank an energy drink. <b>5 Steps</b></p>	<p>I ate cookies. <b>4 Steps</b></p>
<p>I ate string beans. <b>7 Steps</b></p>	<p>I ate rice &amp; beans. <b>12 Steps</b></p>	<p>I ate peanut butter &amp; jelly. <b>9 Steps</b></p>	<p>I drank orange juice. <b>7 Steps</b></p>
<p>I ate a ham &amp; cheese sandwich. <b>9 Steps</b></p>	<p>I ate an apple. <b>7 Steps</b></p>	<p>I drank a glass of milk. <b>8 Steps</b></p>	<p>I ate whole-grain bread. <b>7 Steps</b></p>
<p>I ate a baked potato. <b>8 Steps</b></p>	<p>I ate a bowl of vegetable soup. <b>11 Steps</b></p>	<p>I ate ice cream. <b>4 Steps</b></p>	<p>I ate a banana. <b>7 Steps</b></p>

