

Homework: regular un documento con
195 actividades hechas hoy 20
oraciones.

2 grabar un video o audio diciendo 20
oraciones

Protein	Fat	carbohydrates	vitamins
meat	butter	bread	banana
rice	chocolate	cereal	grapes
egg	avocado	biscuits	broccoli
milk	margarine	fruit	cauliflower
fish	chicken meat	juice	pumpkin
meat	oil	potato	carrot
pasta	coconut	corn	art. choke

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| minerals |
| Fish |
| seeds |
| sea food |
| mushrooms |
| tofu |
| banana |
| avocado |



Health: Eating Food Pyramid

- Eat most - grains
- Eat more - vegetables and fruits
- Eat moderately - meat fish egg and alternatives (including dr: beans) and milk and alternatives
- Eat less -

Vegetables	fruits	cereals	Drinks	meat
artichok	apple	rice	coffee	Beef
avocado	banana	oats	water	meat
beetroot	blackberry	Rye	Beer	Beef
broccoli	blueberry	Spaghetti	Juice	Pork
carrot	cherry	Noodle	Lemonade	chicken
caviflower	coconut	flour	milk	Beef
cucumber	grape	wheat	cocacola	quail
garlic	lemon	pasta	Soda	sausage
courgette	mango	Bread	tea	Ham
lettuce	melon	macaroni	wine	Duck

10 Actividad

yo entiendo que hay diferentes grupos de alimentos y diferentes beneficios.

R= means that at the top is the least healthy and at the bottom is the healthiest.

R= dairy products are those whose consumption be regulated.

R= carbohydrates are the body's main source of energy.

R= many of the health problems today are linked to poor eating habits