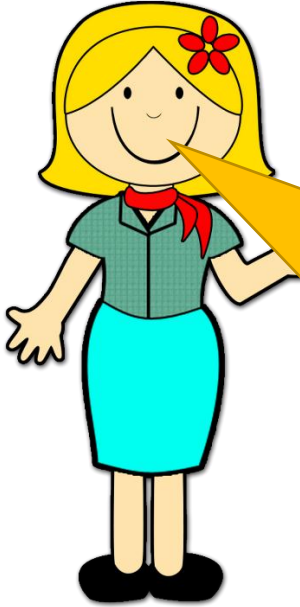


CREATE YOUR OWN PUZZLE WITH THE WORDS SEEN ON THE PPP

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Para esta actividad deberás tú mismo crear una sopa de letras con el vocabulario! usa al menos 20 palabras. Escríbelas en diferentes direcciones todas luego completa con letras consonantes y





BASIC PRINCIPLES FOR a GOOD NUTRITION

As we know, nutrition is the basis of health in the human being and a good nutrition shall give us all the nutrients our body needs, and good health, in consequence. It is recommended to:

- Have 4 meals a day. Breakfast, the most important ones, Lunch, Dinner and a Light Snack.
- Eat slowly and chew food very well. To facilitate digestion: when we chew well we form a soft paste the body can digest more easily and the body can absorb its nutrients better.
- Do not skip meal schedules. As food gives us the energy needed for our body to work properly, to have good health and to have the strength to properly carry out our activities all along the day.
- Drink a minimum of 2 litres (8 glasses) of water every day. Soft drinks and bottled or canned juices are high in sugar content; this is why honey-sweetened lemonade, orangeade, etc., or fresh fruit juices are recommended.
- Eat low fat foods. Avoid egg coated, breaded, and fried food as it absorbs more grease, which may affect cholesterol, blood circulation, the heart, etc.
- Include fruits and vegetables.

Bear in mind that each small effort shall reflect in your weight, you'll feel lighter and you will rest and breathe better. Do this, until your new habits become part of your life. Your body shall thank you.

Answer the following questions about the text.

1. How many meals are recommended a day?
2. Why is chewing food well so important?
3. Finish this sentence: "If you want your body to work properly, you shouldn't _____ meal schedules."
4. Which juices are recommended? Why?
5. How much water do you have to drink every day?
6. Why should you avoid fat foods?
7. Apart from water, what other food should you eat every day?
8. According to the text, name three advantages if you eat healthy.

Look at the tips below. Do you usually follow this advice? Are your habits healthy?



READ AND ANSWER.. LEE Y RESPONDE LAS PREGUNTAS DE AL LADO. SUBRAYA LAS PALABRAS QUE CONSIDERES IMPORTANTES EN EL TEXTO. BYE SEE YOU SON !

