



**Deber/ homework**

Relaciona la imagen con su descripción.

a. They are sources of protein and fiber. They add flavor to the dishes. \_\_\_\_\_

b. It is a source of calcium which is good for your bones. \_\_\_\_\_

c. They are essential to the Mediterranean diet. Their oil is the main source of dietary fat. \_\_\_\_\_

d. They are rich in antioxidants. They add aroma to the dishes. \_\_\_\_\_



Olives oil

Unir con líneas

grains

Dairy products

herbs

Healthy food

give you strong bones.

You can find grains

give you protein.

Milk, cheese and yogurt

is tasty.

Meat and fish

chips and cookies.

Eat only some

in bread and rice.



Juntos  
lo logramos

clón: Av. Alfonso

nno: 2420750 / La Troncal-Cañar-Ecuador

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