**UNIDAD EDUCATIVA "ELOY ALFARO"**
**SANTO DOMINGO -ECUADOR**

Ministerio de Educación | República del Ecuador | Gobierno del Encuentro | Juntos lo logramos

# KEEPING HEALTHY

**Keeping healthy** is really important to be active every day, so we need to **eat colorful salads and food** in order to be very well and strong, for example vegie salads lettuce, tomatoes, carrots, radishes, onions and avocados which is a delicious salad and vegetable soup. Therefore, we need to **eat proteins** such as **fish**, **chicken**, **meat**, **eggs**, **milk**, **fruits**, **grains** and **drink 8 glasses of water per day**. Also, we need to **do exorcises between** 30 minutes and an hour per day in order to reduce stress and **sleep for 8 hours a day** because our body need to rest. Finally, we need to **brush our teeth 3 times** a day and **take a shower** daily and **wash our hands frequently. Don't forget to wear mask and keep social distance 2 meters in order to avoid Covid 19.**

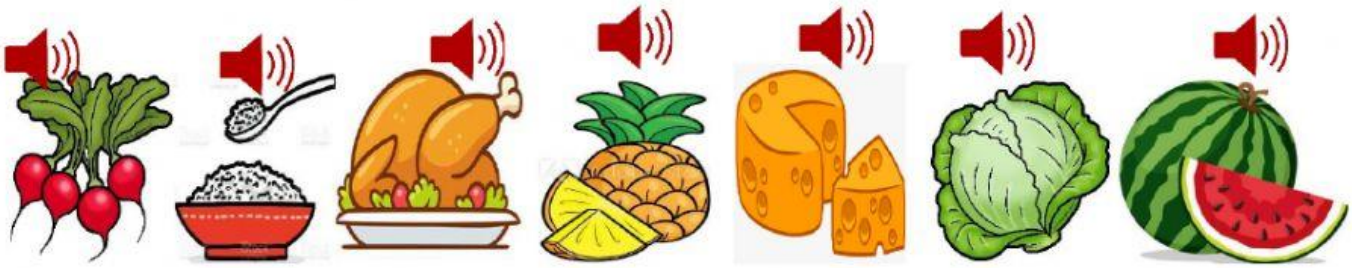
## 1.- MATCH THE CORRECT HABBITS

**WASH YOUR HANDS** | **SLEEP 8 HOURS** | **DO EXORCISES** | **WEAR A MASK** | **PLAY**

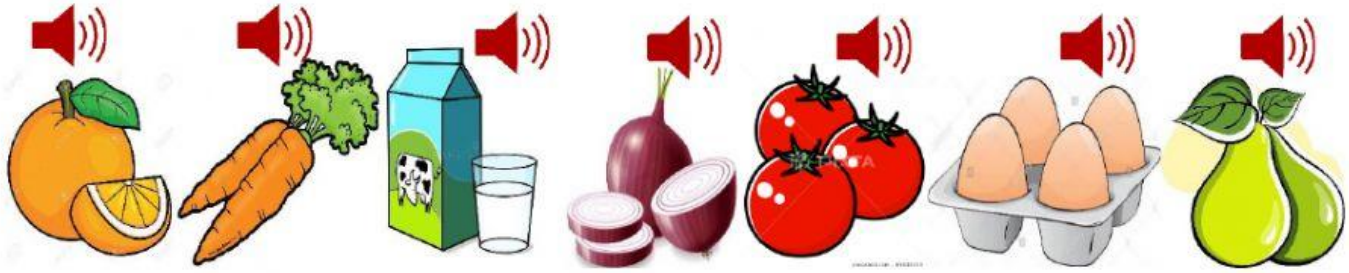
**KEEP YOUR DISTANCE 2 M** | **BRUSH YOUR TEETH** | **TAKE A SHOWER** | **EAT HEALTHY**

LIVEWORKSHEETS

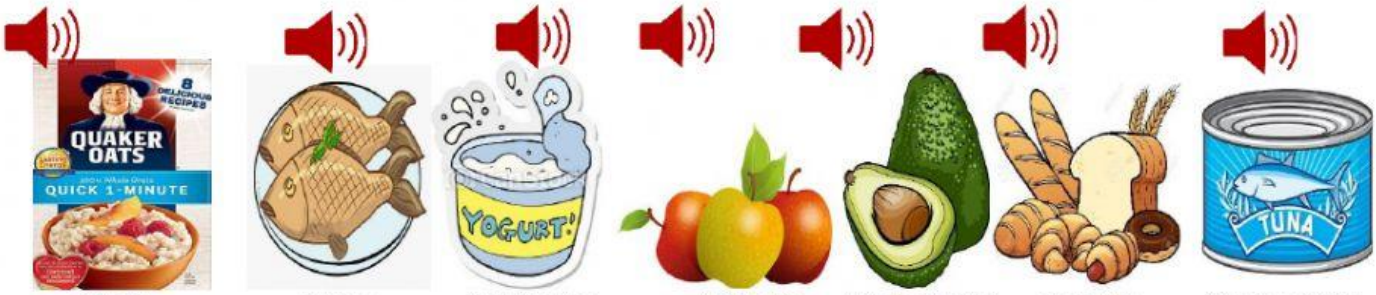
## EAT HEALTHY FOOD



RADISHES RICE CHICKEN PINEAPPLE CHEESE LETTUCE WATERMELON



ORANGES CARROTS MILK ONIONS TOMATOES EGGS PEARS




OATS FISH YOGURT APPLES AVOCADOS BREAD TUNA FISH

**2.- SELECT THE CORRECT FOOD IN THE FOOD CLASSIFICATION CHART OF THE PYRAMID, FOLLOW THE ORDER OF THE VOCABULARY SEQUENCES AT THE TOP.**

| VEGGIES | FRUITS | PROTAINS | DAIRY | GRAINS |
|---|---|---|---|---|
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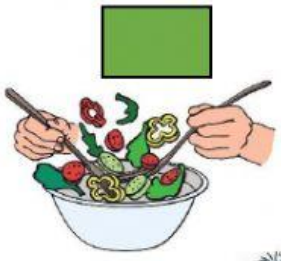
LIVEWORKSHEETS

# HOW TO PREPARE A VEGGIE SALAD

## BEING STRONG



## INGREDIENTS

Radishes

Avocados

Tomatoes

Onions

Lettuce

Carrots

Lemon

Tuna fish


Eggs

## PREPARATION

1.- **First, wash** the vegetables

2.- **Next, chop** the radish, tomatoes, onions, lettuce, carrots

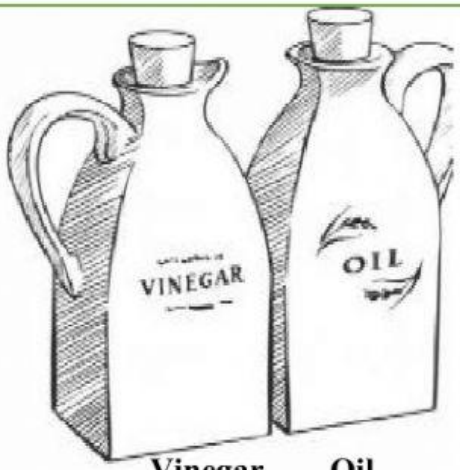
3.- **Then, put** the cut veggies into a bowl

4.- **Next, add** salt, pepper, lemon, vinegar, tuna fish and eggs

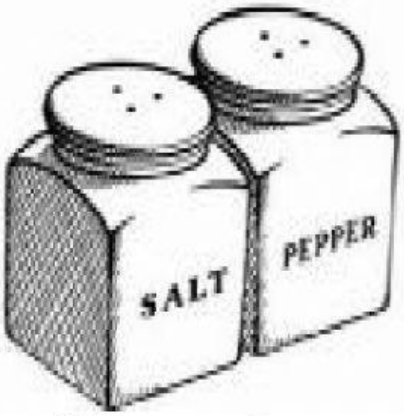
5.- **Finally, mix** the ingredients

6.- **Finally, serve** the salad.

Good appetite!!




Vinegar Oil




Salt Pepper

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