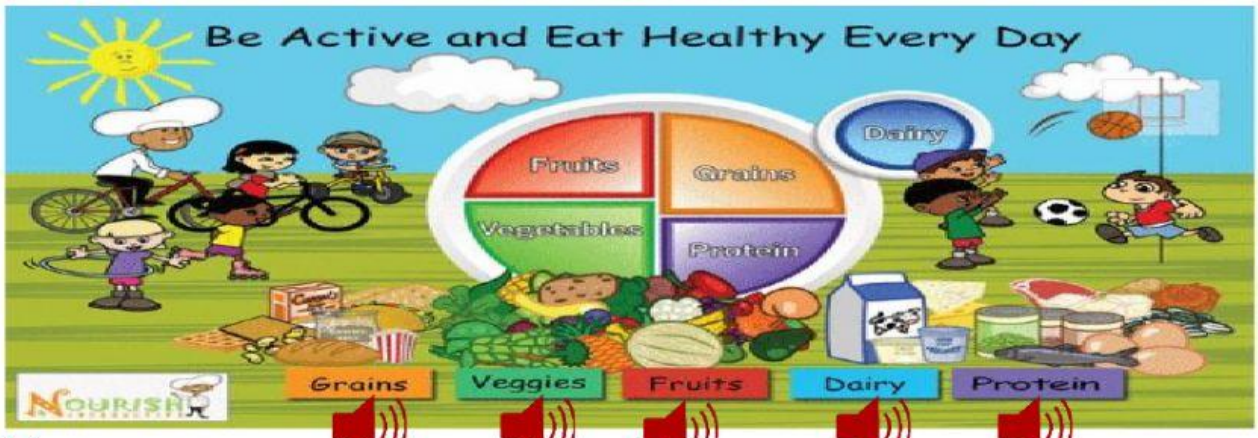
UNIDAD EDUCATIVA "ELOY ALFARO"
SANTO DOMINGO -ECUADOR

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 veggie salads lettuce, tomatoes, carrots, radishes, onions and avocados which are delicious salads 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.**

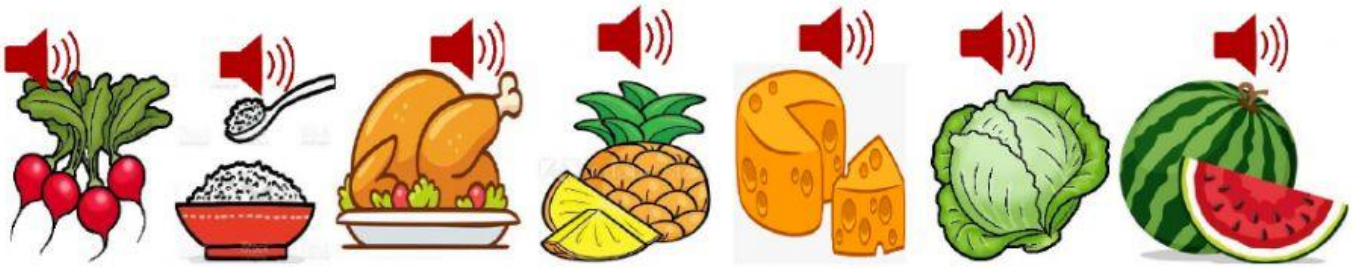
1.- MATCH THE CORRECT HABBITS

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

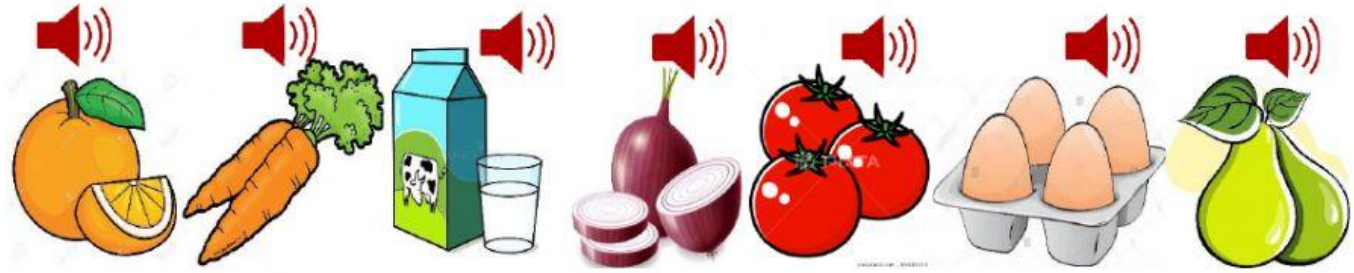
KEEP YOUR DISTANCE 2 M | **BRUSH YOUR TEETH** | **TAKE A SHOWER** | **EAT HEALTHY**

LIVEWORKSHEETS

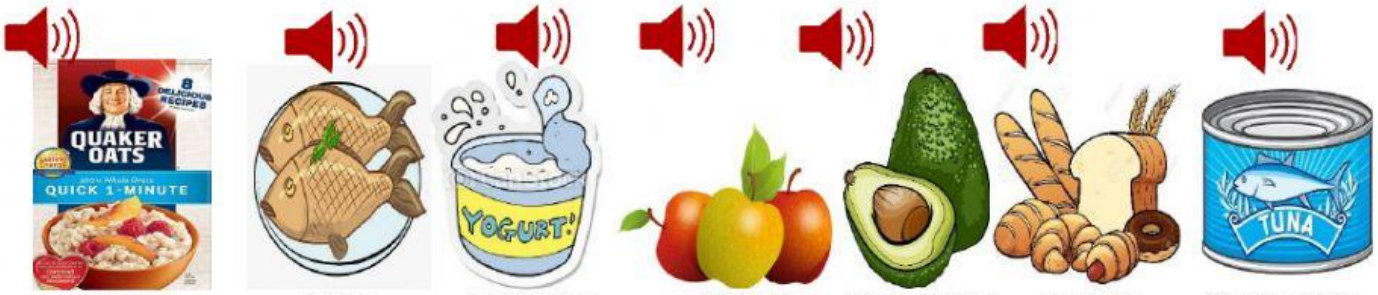
EAT HEALTHY FOOD



RADISHES RICE CHICKEN PINEAPPLES CHEESE LETTUCE WATERMELON



ORANGES CARROTS MILK ONIONS TOMATOES EGGS PEARS



OATS FISH YOGURT APPLES AVOCADOS BREAD TUNA FISH

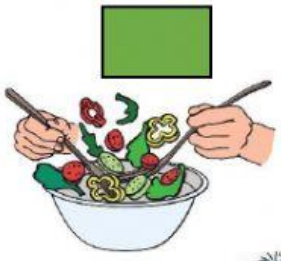
2.- SELECT THE CORRECT FOOD IN THE FOOD CLASSIFICATION CHART OF THE PYRAMID, FOLLOW THE ORDER OF THE PREVIOUS VOCABULARY SEQUENCES AT THE TOP.

VEGGIES	FRUITS	PROTAINS	DAIRY	GRAINS

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

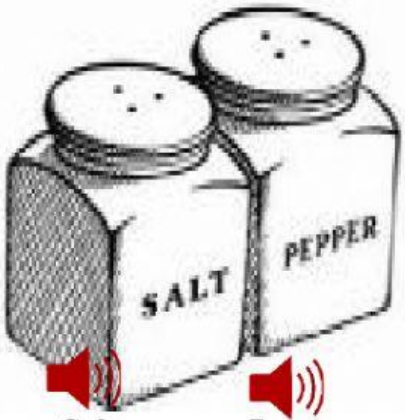
4.- **Next, add** salt, pepper, lemon, vinegar, tuna fish and eggs

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

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

Good appetite!!

Vinegar Oil



Salt Pepper

LIVEWORKSHEETS