

HEALTHY FOOD

WATCH THIS VIDEO AND DEVELOP (desarrolla) THE ACTIVITIES.

<https://www.youtube.com/watch?v=0KbA8pFW3tg>



READ AND CHOOSE THE CORRECT ALTERNATIVE:

1. In the video appears (aparece) a pyramid) formed by _____
2. Healthy foods are _____ for our existence.
3. Healthy food helps us to grow, be _____ and healthy.
4. The smallest part of the _____ is about fats and sweets.
5. Pastries and sweets contain high number of _____
6. Calories are bad for our _____. They make us fatter (más gordo/a).
7. The 2nd step of the Pyramid is formed by _____.
8. We should (deberíamos) eat more _____ than meat.
9. The 3rd step of the Pyramid is formed by _____.
10. The fourth step of the Pyramid involves _____.
11. Pastas, rice, bread, potatoes and Cereals are _____



MATCH STATEMENTS:

- | | |
|------------------------------------------|--------------------------|
| 1. Carbohydrates must be eaten... | a. In good shape (forma) |
| 2. Doctors recommend we must do... | b. Sweets. |
| 3. Vitamins and mineral help us to be... | c. Bad for our body. |
| 4. Children ´s favorite foods are... | d. daily. |
| 5. Calories are ... | e. exercises daily. |