



ACTIVITY 3: HEALTHY ACTIVITIES

Complete the recommendations with the missing

Eat / Eat / Do / Stay

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) active, (3) exercise at home.

(4) moderate amounts of fats and oils.

(5) fruits and vegetables.

It can cause diabetes!

Take care,

Mateo



biking / processed food / eat / Dante



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ three times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy