NAME:

GRADE:

TEACHER: MARGARITA BARCIA

HEALTHY HABITS

1. Read an article from a health magazine and complete the chart with healthy foods mentioned in the text, or write your own examples.

My Healthy Lunch Box

It's very important to have a healthy snack between meals. A healthy snack provides energy and reduces overeating at meal time. So, what are the best foods to put in your lunch box? Some suggestions include fresh fruit, crunchy vegetables, and products rich in protein like meat, hardboiled eggs or nuts. Other nutritious options are found in dairy products such as cheese, milk or yogurt. In addition, there should be whole grains and cereals like bread, crackers or corn. Beans like *chochos* are also great for lunch!

Fresh fruit	Apples, grapes, oranges, etc.
Crunchy vegetables	Broccoli, lettuce, celery, etc.
Protein	
Dairy food	
Whole grains & cereals	
Beans	

LIVEWORKSHEETS