



HEALTHY EATING

ACTIVITY 1: Answer the questions.

- 1) Do you like fruit and vegetables? Do you eat them every day?

ACTIVITY 2: Look at the image and read the text.



Key words

Healthy: saludable
Help: ayudar
Need: necesitar
Portion: porción

The eat-well plate helps us to eat healthy. Different foods have different vitamins, minerals and nutrients that our body needs. The eatwell plate divides food into **five** groups. **We need to eat foods from all of these groups but in different portions.**

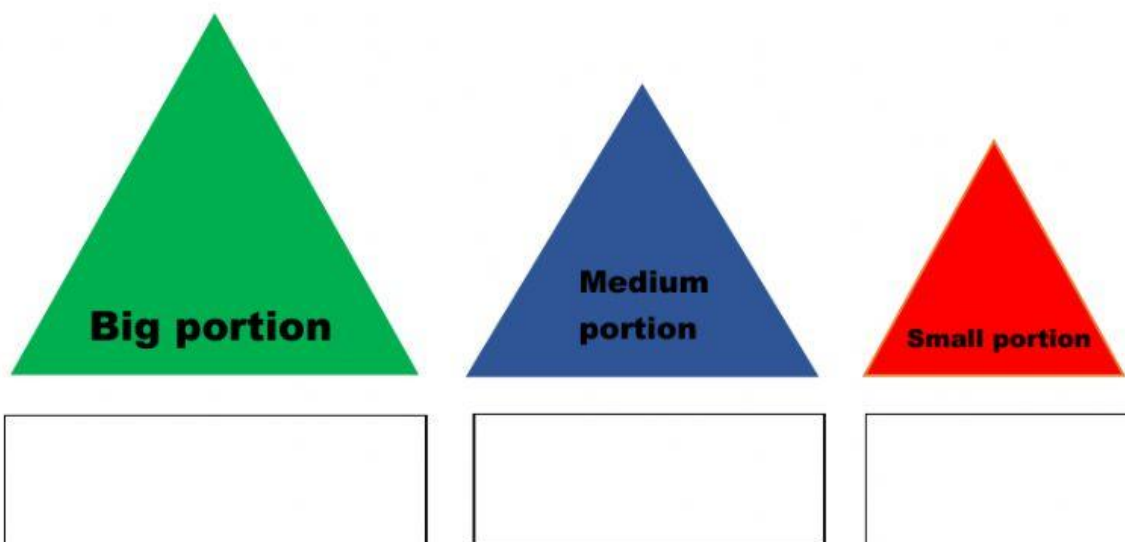
- Food and vegetables:** We need to eat a big portion of fruit and vegetables. Vegetables include all the vegetables: tomatoes, carrots, green vegetables, etc. Potatoes and sweet potatoes aren't included in this group. Fruits include strawberries, oranges, apples, etc. This group of foods is very important because they have a lot of vitamins and nutrients.
- Grains (bread, rice, pasta and potatoes):** We need to eat a big portion of grains too. Grains include bread, pasta and rice. Potatoes aren't grains but



they are in this group because they have similar nutrients. This group of foods is very important because it gives us energy to do activities.

- ✚ **Milk and milk products (dairy):** We need to eat a medium portion of milk products. Milk products or dairy foods are those created from milk, for example: yoghurt, cheese, etc.
- ✚ **Meat, fish, eggs and beans:** We need to eat a medium portion of meat, fish, eggs and beans. Meats include red meat and chicken. Beans include lentils, peas, white beans, etc.
- ✚ **Foods and drinks that contain a lot of fat (grease) and sugar:** We need to eat a small portion of foods and drinks that contain fat and sugar. This group includes: oil, sweet beverages like Coca Cola, foods that have a lot of grease like hamburgers, sweets, candies, etc. We need to eat foods from this group but in a small portion.

ACTIVITY 3: Classify the food groups according to size of the portion we need.



ACTIVITY 4: Answer True (T) or False (F). Make the false ones true.

1. We need a small portion of fruit and vegetables. F **We need a big portion of fruit and vegetables.**
2. Potatoes and sweet potatoes are included in the fruit and vegetables' group.
3. The fruit and vegetables' group isn't important.
4. Potatoes are included in the grains' group.
5. The grains' group includes bread, pasta and fish.



6. The grains' group is very important because it gives us the energy we need to do activities.
7. We need to eat a big portion of milk products.
8. Meats include red meat and chicken.
9. We don't need to eat foods that contain a lot fat and sugar.
10. We don't need to eat foods from all the groups

ACTIVITY 5: Read the sentences and match

BROCCOLI: It is a vegetable. It is green and it looks like a small tree.

WATERMELON: It is a very big fruit. It is rounded. It is green outside and pink inside.

SWEET POTATO: It is a vegetable. It looks like a potato but it is sweet.

PEACH: It is a fruit. Its colour is between orange and red. It is rounded.

CAULIFLOWER: It is a vegetable. It is like broccoli but the difference is that cauliflower is white.

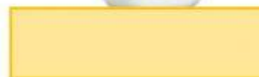
CHERRIES: They are fruits. They are dark red. They are small and rounded.

CREAM CHEESE: It is a type of cheese. We eat it with toasted bread.

LENTILS: They are very small like rice. They are brown.

SPINACH: It is a vegetable. It looks like lettuce but spinach is dark green. Popeye eats it.

BROCCOLI





ACTIVITY 6: Click on the images. Listen and repeat



Bread



Broccoli



Candy



Cream cheese



Cauliflower



Cheese



Coke



Donuts



Eggs



Lentils



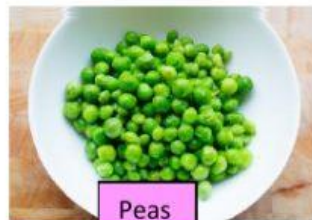
Lettuce



Milk



Noodles



Peas



Red meat



Rice



Yoghurt



Spinach



Sweet potato



Watermelon



Fries/chips



Peach

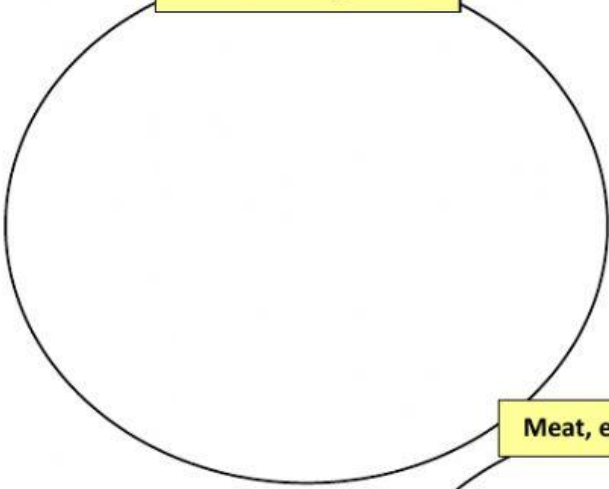


Cherries

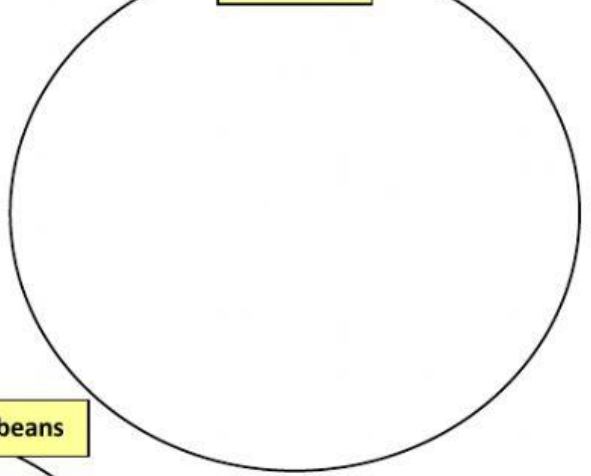


ACTIVITY 7: Classify the foods in activity 6 in the five different food groups.

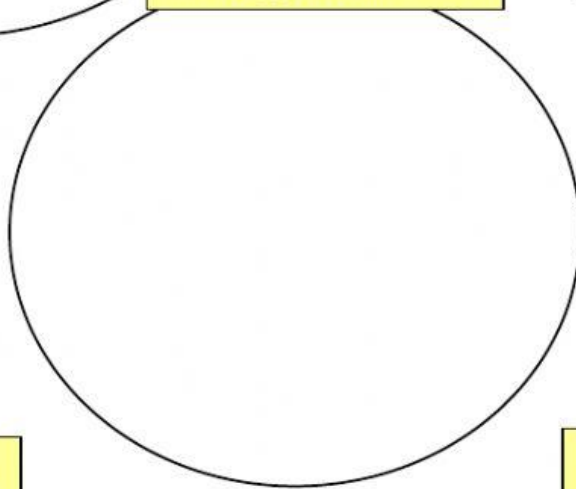
Fruits and vegetables



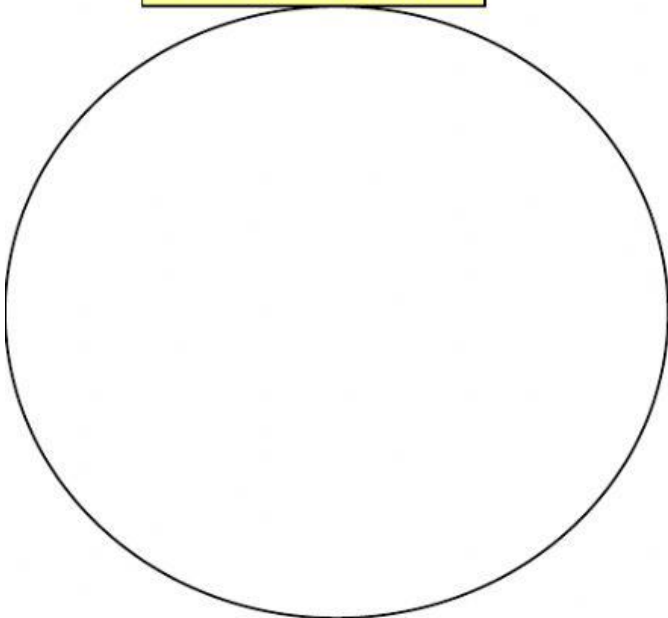
Grains



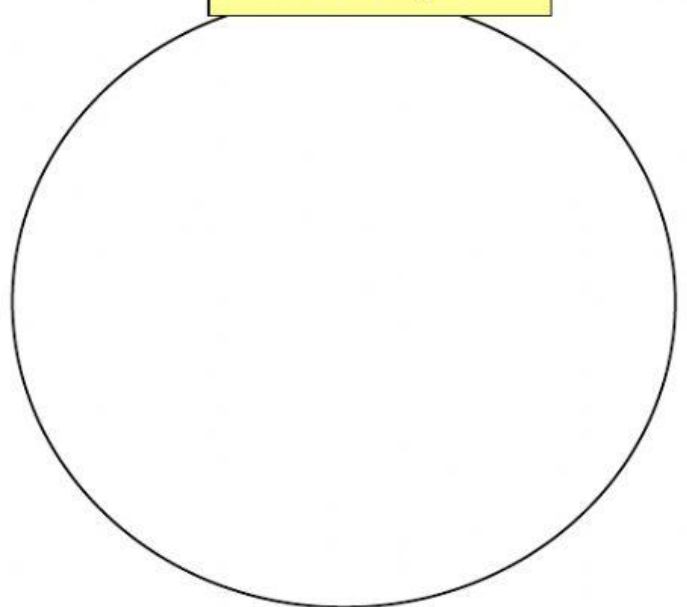
Meat, eggs, fish and beans



Milk and milk products



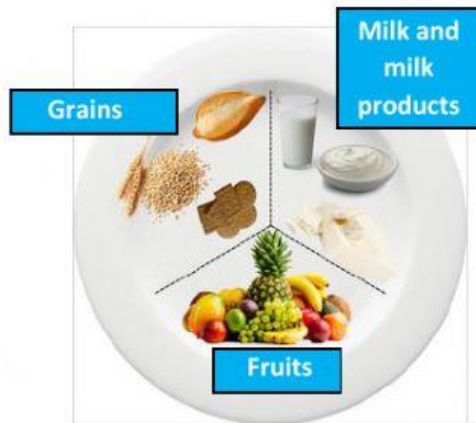
**Food and drinks that have
fat and sugar**





ACTIVITY 8: Look at the plate of a healthy breakfast and click on the breakfast that is more healthy. (Tienen que seleccionar para cada consigna cuál de los dos desayunos es más saludable si nos basamos en la imagen del desayuno ideal que está abajo)

Breakfast



1. ¿Qué opción es más saludable de acuerdo al plato que está arriba? Hace click

OPTION A: Yoghurt, strawberries, blueberries and cereal



OPTION B: Tea and cookies

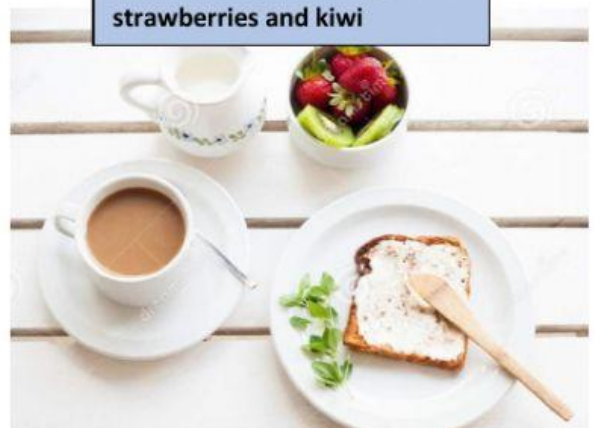


2. ¿Qué opción es más saludable de acuerdo al plato que está arriba? Hace click

OPTION A: Orange juice and bread



OPTION B: Coffee milk, bread strawberries and kiwi





ACTIVITY 9: Look at the image and answer. Do you think this is a healthy breakfast? Is it complete? Look at the plate of a healthy breakfast in activity 8 and add some foods to this as in the example. (Miren el plato ideal para un desayuno saludable que está en la actividad 8 y agréguele algunos otros alimentos para hacer la segunda comida más saludable.)



Example:

MATE AND TOAST

This breakfast is **incomplete** because it doesn't have all the nutrients we need.

We can **add** to this breakfast an apple and some cheese to make it a healthy breakfast.

Key words:

Add: agregarle

Incomplete: incompleto

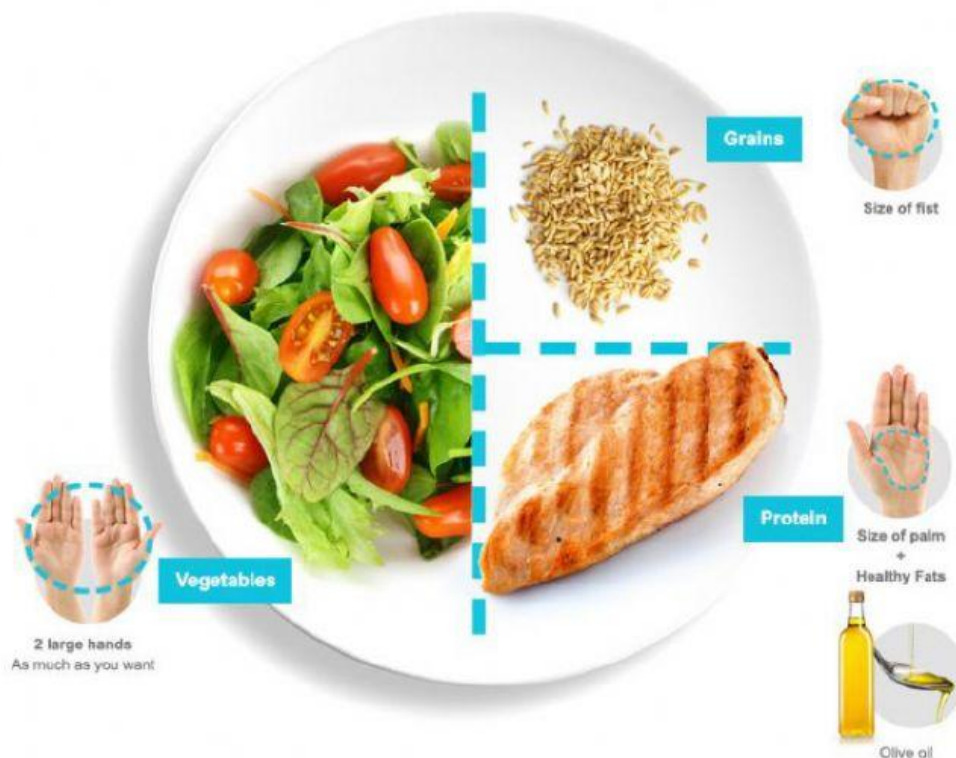


TEA AND CRACKERS

ACTIVITY 10: Now, look at the plate of a healthy breakfast in activity 8 and create your own healthy breakfast with the foods from activity 6. (Miren al plato ideal para una comida saludable que está en la actividad 8 y creen su propio desayuno saludable con alimentos de la actividad 7).



ACTIVITY 11: Now look at the plate of a healthy meal and choose which of the meals below is healthy. (Tienen que seleccionar para cada consigna cuál de las dos comidas es más saludable si nos basamos en la imagen del plato ideal que está abajo)



1. ¿Qué opción es más saludable de acuerdo a la imagen plato ideal que está arriba?
Hace click

OPTION A: Fries



OPTION B: Read meat with tomato, onion and lettuce salad and mashed potatoes



2. ¿Qué opción es más saludable de acuerdo a la imagen del plato ideal que está arriba?

OPTION A: Chicken, vegetables, an egg and rice



OPTION B: Hotdog





ACTIVITY 12: Look at the image and answer. Do you think this is a healthy meal? Is it complete? Look at the plate of a healthy meal in activity 11 and add some foods to this as in the example to make it a complete meal with all the nutrients we need. (Miren el plato ideal para una comida saludable que está en la actividad 11 y agréguele algunos otros alimentos para hacer la segunda comida más saludable.)



For example:

PIZZA

This food has a lot of grease and oil. We need only a small portion of this food group. But to make it a little bit healthier, we can add to it some tomatoes and spinach or basil

Key words:

A little bit healthier: un poco más saludable

Add: agregarle

Basil: albahaca



ASADO

ACTIVITY 13: Now, look at the plate of a healthy meal in activity 11 and create your own healthy meal with the foods from activity 7. (Miren al plato ideal para una comida saludable que está en la actividad 11 y creen su propia comida saludable con alimentos de la actividad 7).