

Activity 1: Mira la siguiente foto y explica en un párrafo en español en el recuadro en qué se parecen el combustible que se le carga a un auto y los alimentos que ingerimos.



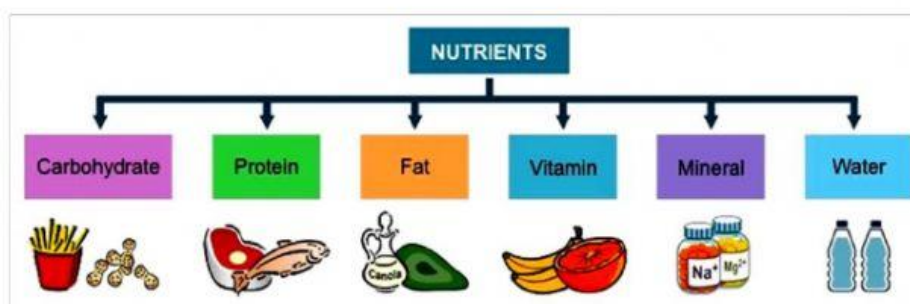
Activity 2: explica en el recuadro en español y con tus propias palabras lo que entiendes de la siguiente frase e ilustración.



"Eat breakfast like a king, lunch like a prince and dinner like a beggar"

Activity 3: lee la siguiente información y traduce lo que no entiendas. Copia en la carpeta con el título de "Healthy diet".

Nutrients are any substance that plants or animals need in order to live and grow.



Carbohydrates: rice, nuts, potatoes, roots, cereals, flour, pasta, bread, sugar.

Lipids: fatty foods, butter, yolk, meat, pork, milk, oils.

Vitamins: fish, yolk, eggs, vegetable oil, dried fruits.

Proteins: chicken, fish, meat, dairy products, soya, cereals, beans.

Activity 4: con la información anterior, tus conocimientos generales y la ayuda de un diccionario, escribe TRUE (verdadero) o FALSE (falso) al lado de cada afirmación.

Write TRUE or FALSE:

1. Food is fuel for our bodies.
2. As long as you have something to eat, no matter what, you can live a healthy life.
3. In order to have a healthy life, we need to have different foods providing different nutrients.
4. Nutrients are found in food, and they can be classified into Carbohydrates, Lipids, Vitamins and Proteins.
5. It is necessary to have a lot of proteins and vitamins and a few lipids in our daily meals.