# WHAT'S IN YOUR FRIDGE?

## ACTIVITY 1

**Some of the food and products that Raquel has in her fridge are bad for her health. Raquel is lactose intolerant, which products she mustn't have in her diet ?**

LIVEWORKSHEETS

# ACTIVITY 2

**Mark is diabetic,here you will find some indicatons from his doctor on what he must and mustn't include in his diet. Complete these sentences with the correct option.**

**1-**Mark, you eat whole grains, like brown rice and quinoa.

**2**-You eat chocolate it contains cholesterol that is bad for your health.

**3**-You eat hot dogs and sausages, they contain saturated fats.

**4-**You exercise, practice sports and walk.

**5**- You drink a lot of water.

**6-** You eat artificial trans fats they are extremely unhealthy.

LIVEWORKSHEETS

# ACTIVITY 3

Help Monica to decide which of the following recipes is the correct one for her, remember that Monica is celiac, and she needs a gluten-free diet.

Rose Bakes
AND YOU CAN TOO!

**Author:** Rose
**Prep Time:** 15 mins
**Cook Time:** 45 mins
**Total Time:** 1 hour
**Yield:** 20 servings
**Category:** Dessert

## BEST STRAWBERRY CAKE EVER

### INGREDIENTS

STRAWBERRY PUREE
- 1 cup chopped, fresh strawberries*
- 1/4 cup sugar
- 1/4 cup water

CAKE MIXTURE
- 1 (16.25 oz) white cake mix
- 1 (3 oz) strawberry gelatin
- 1 cup sugar
- 1 cup all purpose flour
- 1 cup sour cream
- 3 eggs
- 1 cup of strawberry puree (the above recipe makes 1 cup)

*You can also use frozen strawberries if you can't get fresh!

**A**

INGREDIENTS

DRY INGREDIENTS
1 CUP WHITE RICE FLOUR
3/4 CUP LOW FAT SOY FLOUR
1/2 CUP CORN STARCH
1 TSP SALT
3/4 CUP WHITE SUGAR
1/3 CUP BROWN SUGAR (OPTIONAL)
4 TSP BAKING POWDER
1/2 TSP GUAR OR XANTHAN GUM

LIQUID INGREDIENTS:
4 TBSP MELTED BUTTER
3 EGGS
1 TSP VANILLA
2/3 CUP MILK
1 CUP BLUEBERRIES (APPROX.)

## blueberry muffins

Sift together dry ingredients. Beat together eggs, milk, melted butter and vanilla in a separate bowl, then add to dry ingredients. Mix in whole blueberries.

Pour batter into pre-oiled muffin tins, approximately 2/3rds full. Bake 20 minutes or until lightly browned in a preheated 400°F oven. Makes 12-15 muffins.

**B**

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