

HEALTHY EATING

Watch  the video and fill in the gaps:

Kid's Healthy Eating Plate

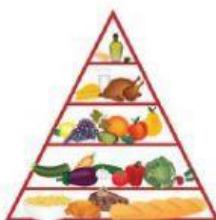


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grow food pyramid healthy eating body bad every day meat eggs little rice
fats and sweets be healthy fish be strong one to three cheese five potatoes milk
dairy minerals strong daily vitamins cereals pasta butter bread

The video is about

Healthy foods are fundamental for our existence they help us , and .



We need to learn about the and follow its steps.

The first Step is about .

It is the worst one; we must eat from this step. They are very for our .



The second step is formed by

and

It is important to eat this food .

The third step is all about .



It consists on and

You must eat this food from times a day.



Fruit and vegetables feel our body with and

and allow us to stay safe and

Doctors recommend eating them times a day.

The fifth step is the group of

and You must eat them

Choose the four correct sentences:

Doctors and nutritionists experts recommend:

To eat at different time every day

To eat in front of the television

To eat with the family

To eat at the same time every day

To drink coke

To do plenty of physical exercises

To play computer games

To drink water