



UNIDAD EDUCATIVA
"ELOY ALFARO"
SANTO DOMINGO - ECUADOR

Ministerio
de Educación



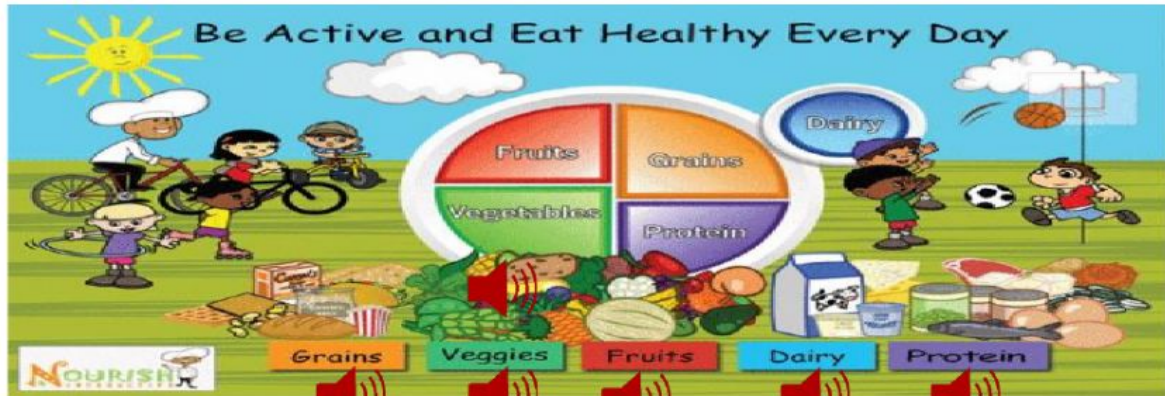
República
del Ecuador



Gobierno
del Encuentro

Juntos
lo logramos

KEEPING HEALTHY



Keeping healthy is really important to be active every day, so we need to **eat colorful salads and food** in order to be very well and strong, for example veggie salads lettuce, tomatoes, carrots, radishes, onions and avocados which is a delicious salad and vegetable soup. Therefore, we need to **eat proteins** such as **fish, chicken, meat, eggs, milk, fruits, grains** and **drink 8 glasses of water per day**. Also, we need to **do exercises** between 30 minutes and an hour per day in order to reduce stress and **sleep for 8 hours a day** because our body need to rest. Finally, we need to **brush our teeth 3 times a day** and **take a shower** daily and **wash our hands frequently**. Don't forget to wear mask and keep social distance 2 meters in order to avoid Covid 19.

1.- MATCH THE CORRECT HABBITS

WASH YOUR
HANDS

SLEEP 8 HOURS

DO EXORCISES

WEAR A
MASK

PLAY

KEEP YOUR
DISTANCE 2 M

BRUSH YOUR
TEETH

TAKE A
SHOWER

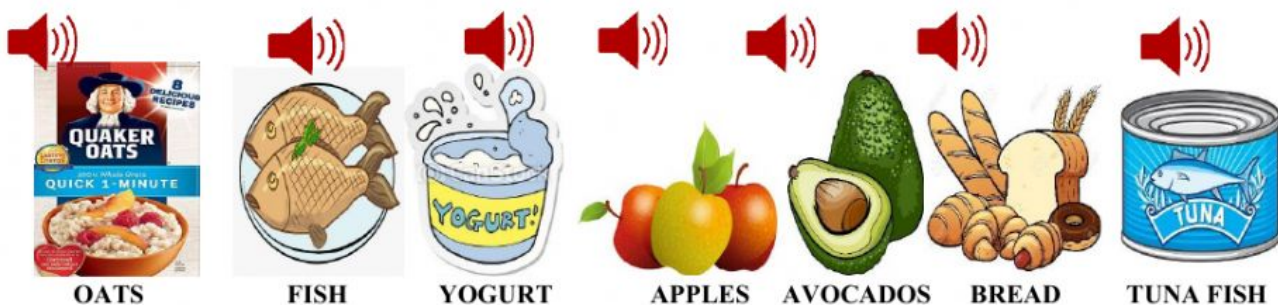
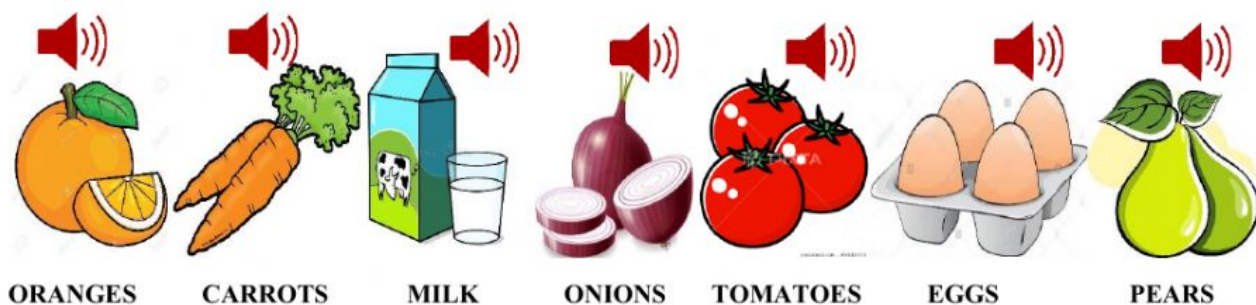
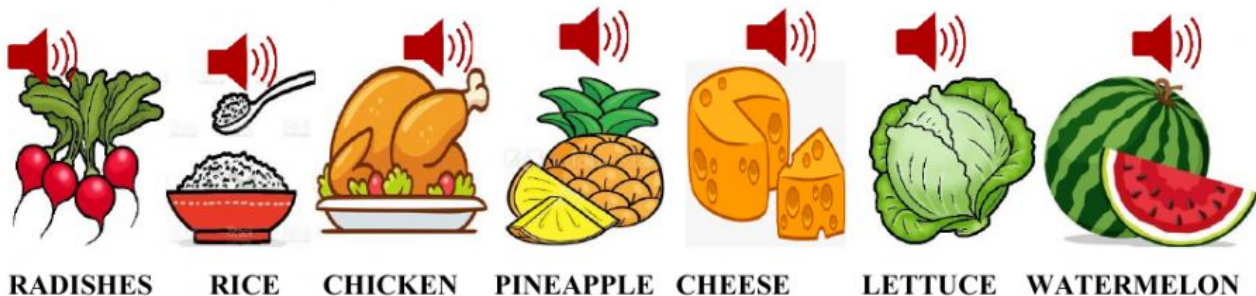
EAT HEALTHY



SLEEP FOR 8 HOURS
A DAY.



EAT HEALTHY FOOD



2.- SELECT THE CORRECT FOOD IN THE FOOD CLASSIFICATION CHART OF THE PYRAMID, FOLLOW THE ORDER OF THE VOCABULARY SEQUENCES AT THE TOP.

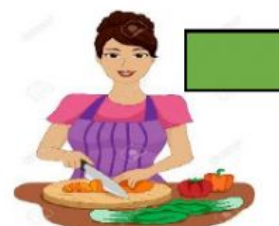
VEGGIES	FRUITS	PROTEINS	DAIRY	GRAINS



BEING STRONG



HOW TO PREPARE A VEGGIE SALAD



INGREDIENTS



Radishes



Avocados



Tomatoes



Onions



Lettuce



Carrots



Lemon



Tuna fish



Eggs

PREPARATION

- 1.- First, **wash** the vegetables
- 2.- Next, **chop** the radish, tomatoes, onions, lettuce, carrots
- 3.- Then, **put** the cut veggies into a bowl
- 4.- Next, **add** salt, pepper, lemon, vinegar, tuna fish and eggs
- 5.- Finally, **mix** the ingredients
- 6.- Finally, **serve** the salad.

Good appetite!!



Vinegar

Oil



Salt

Pepper