



UNIDAD EDUCATIVA
"ELOY ALFARO"
SANTO DOMINGO - ECUADOR

Ministerio
de Educación

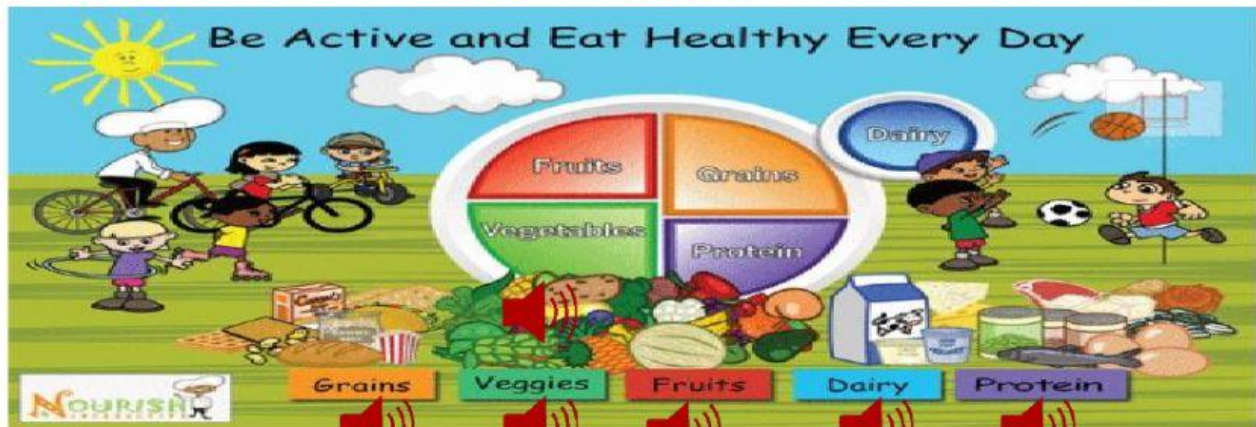


República
del Ecuador

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 EXERCISES

WEAR A
MASK

PLAY

KEEP YOUR
DISTANCE 2 M

BRUSH YOUR
TEETH

TAKE A
SHOWER

EAT HEALTHY



EAT HEALTHY FOOD



RADISHES



RICE



CHICKEN



PINEAPPLE



CHEESE



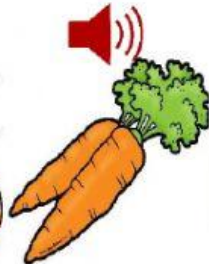
LETTUCE



WATERMELON



ORANGES



CARROTS



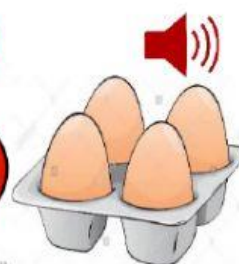
MILK



ONIONS



TOMATOES



EGGS



PEARS



OATS



FISH



YOGURT



APPLES



AVOCADOS



BREAD



TUNA FISH

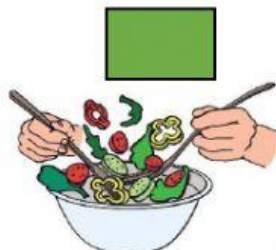
2.- SELECT THE CORRECT FOOD IN THE FOOD CLASSIFICATION CHART OF THE PYRAMID, FOLLOW THE ORDER OF THE VOCABULARY SEQUENCES AT THE TOP.

VEGGIES	FRUITS	PROTEINS	DAIRY	GRAINS



BEING STRONG

HOW TO PREPARE A VEGGIE SALAD



INGREDIENTS



PREPARATION

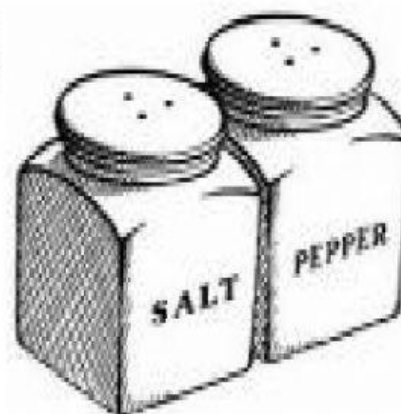
- 1.- First, **wash** the vegetables
- 2.- Next, **chop** the radish, tomatoes, onions, lettuce, carrots
- 3.- Then, **put** the cut veggies into a bowl
- 4.- Next, **add** salt, pepper, lemon, vinegar, tuna fish and eggs
- 5.- Finally, **mix** the ingredients
- 6.- Finally, **serve** the salad.

Good appetite!!



Vinegar

Oil



Salt

Pepper