Healthy eating habits
Level: Pre-Intermediate
Age: Teens and adults
Drag and drop:

1	Balance		but eat less
2	Enjoy your food		portions
3	Take the time to		more vegetables
4	Avoid oversized		sugary drinks
5	Eat		grains whole grains
6	Switch to fat-free or		calories
7	Make half your		in foods
8	Replace refined products		with whole-grain products
9	Reduce foods high in added		enjoy your food
10	Compare sodium		"low sodium", "reduced sodium" or "no salt added"
11	Drink water instead of		sugars, salt and solid fat

12	Don´t eat too		fast or when your attention is elsewhere
13	Select canned food labeled		low-fat milk