

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