A healthy diet

1. Choose the correct option: A healthy diet helps us to...



eat nutrients
stay healthy
stay unhealthy

2. What is a healthy diet? Complete the concept

A healthy diet is _____. It provides _____ and _____.

nutrients
balanced
energy
~~healthy~~

oil
pulses
Spain
vegetables
Mediterranean
fruits
fish

The _____ diet is the traditional diet in _____. It consists of lots of _____ and _____, olive _____, fish and _____ among other foods.

3. Complete the table with the nutrients that the following food/meals have

FOOD/MEALS	CARBOHYDRATES	PROTEINS	FATS&SUGARS	VITAMINS	MINERALS
					
					
					