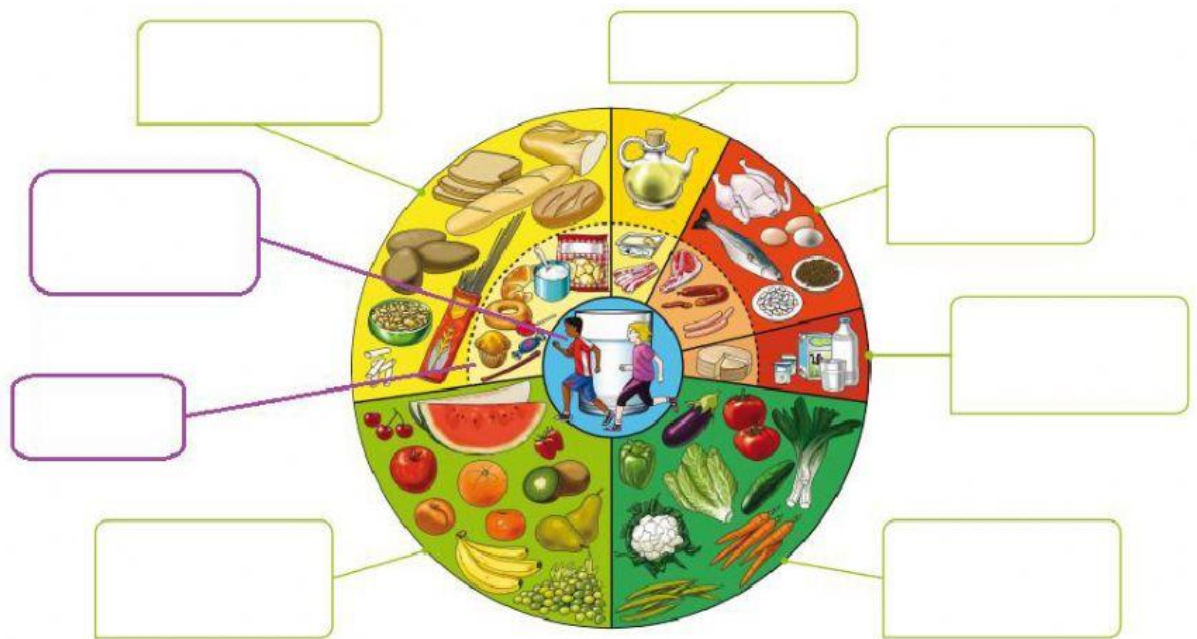


## WHAT IS A HEALTHY DIET?

1. Indicate if the following sentences match with a healthy and balanced diet or not:

CHARACTERISTICS	YES/NO
✓ It is varied	
✓ It helps us to put on weight	
✓ It provides us with all the nutrients in the right proportions	
✓ Oily fish-like salmon- and plant oils are its main source of fats	
✓ 10%-15 % of the energy provided should come from fats	
✓ 25%-30% of the energy provided by a healthy diet should come from glucides	
✓ 50 % of the energy provided by a healthy diet should come from proteins	
✓ Five meals a day are recommended	
✓ It should include fibre daily	
✓ It includes foods rich in saturated fats and cholesterol as they prevent cardiovascular diseases	
✓ Freshly foods are recommended	
✓ Precooked products should be included frequently	
✓ 1.5- 2 L of water a day are recommended	
✓ Fats are forbidden in a balanced diet	
✓ The food wheel includes tips to follow a balanced diet	
✓ Daily exercise is only recommended if you want to lose weight	

2. Complete the information in the food wheel:



3. What activities would you recommend?

- a) Daily:
- b) A few times a week:
- c) Try to avoid:

4. Which of the followings correspond to the Mediterranean diet?

CHARACTERISTICS	YES/ NO
✓ It is exclusive to Spain	
✓ Butter is its main source of fats	
✓ Fish is its main source of proteins	
✓ Fruits and vegetables are included	
✓ Legumes are its main source of fibre	
✓ Glucides are provided by cereals	
✓ It prevents cardiovascular diseases as is rich in cholesterol	
✓ It prevents obesity and colon cancer	

5. Which of the followings correspond to the Atlantic diet?

CHARACTERISTICS	YES/ NO
✓ It is exclusive to Spain	
✓ Olive oil is its main source of fats	
✓ Leafy greens are its main source of proteins	
✓ Large amounts of meat	
✓ Legumes, grains, fruits and vegetables are its main source of fibre	
✓ Large amounts of fish and shellfish are included	
✓ It is healthy and balanced	

6. Name each diet:

SITUATION	DIET
An obese person should follow a _____ diet	
A person with gastrointestinal problems should follow a _____ diet	
An underweight person should follow a _____ diet	
A person that had a surgery should follow a _____	
A person that only eat plant-based foods follows a _____ diet	