

# HEALTHY HABITS



What benefits has the physical activity? Select.



Healthy brain



Healthy heart



Get bored



Illness

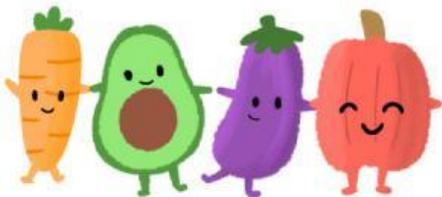


Happiness



strength

Select the healthy habits



To eat vegetables



To eat fat food



Sleep 8h



Uncorrect posture



To drink water



To do physical activity



# HEALTHY FOOD

How many times can you eat this food?

 Every day     4-5 times     1-2 times



Pistachios

 Every day  
 4-5 times  
 1-2 times



Tomato

 Every day  
 4-5 times  
 1-2 times



Donut

 Every day  
 4-5 times  
 1-2 times



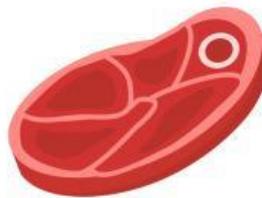
Carrot

 Every day  
 4-5 times  
 1-2 times



Cake

 Every day  
 4-5 times  
 1-2 times



red meat

 Every day  
 4-5 times  
 1-2 times

# HEALTHY FOOD



## Harvard Plate



Drag the element to the Harvard plate

25% Protein



40% Vegetables



25% whole grains



10% Fruits



# HEALTHY FOOD



## On a diet



Elaborate a balance diet. Select.

### Breakfast (Select only one)

Whole tomato toast  
+ banana

Donut + milk

2 eggs cooked and  
strawberry

### Snacks (Select two of them)

Tomato and ham  
sandwich

Cookies and juice

Banana

Juice and jam  
toast

### Lunch (Select only one)

Potatoes  
Chicken  
Aubergine

Carbonara Spaguetti

Potatoes  
Cheese burger + sauce  
Ice cream

### Dinner (Select only one)

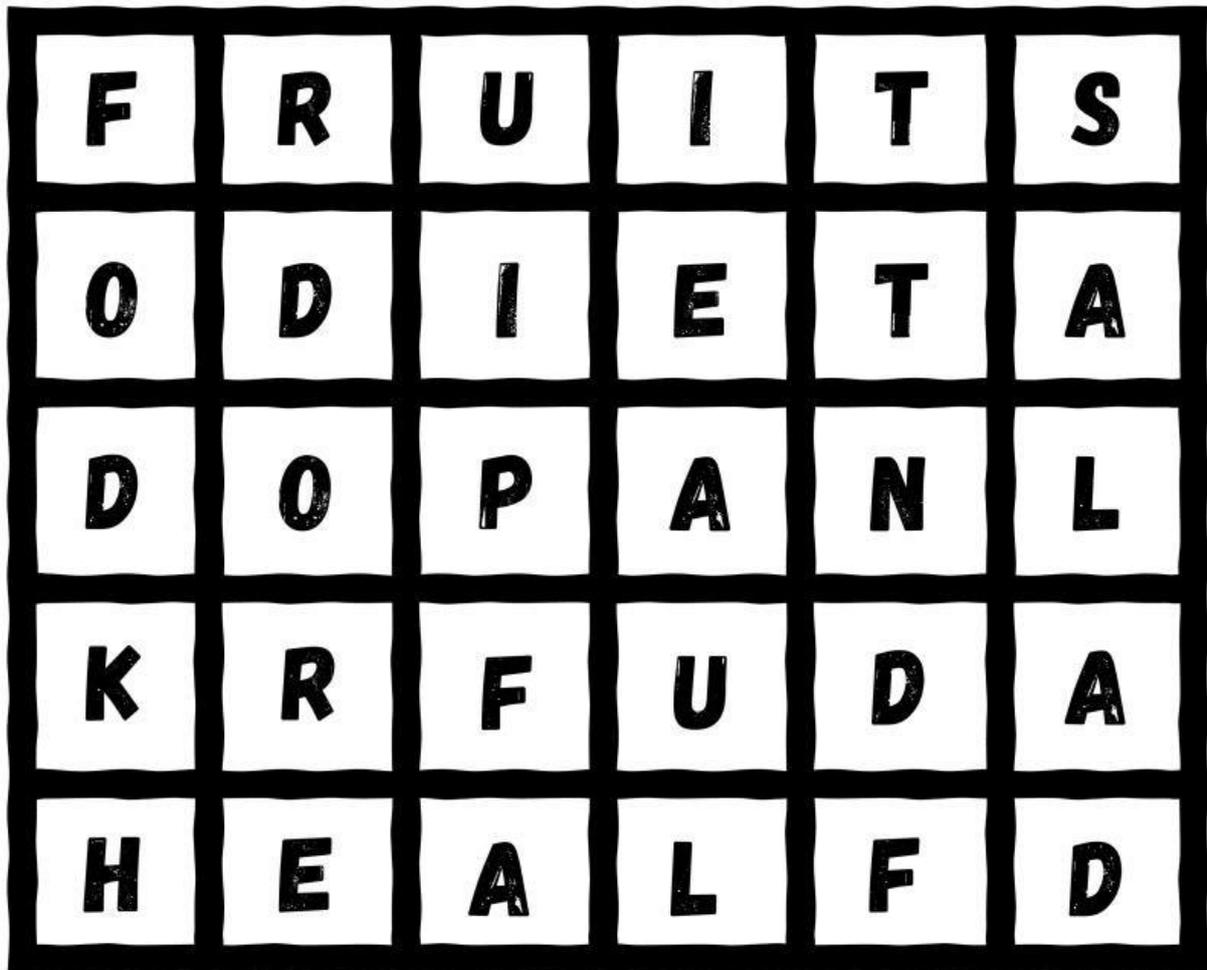
Pizza

Tomato, cheese and  
avocado toast

Omelette and  
vegetables

# HEALTHY FOOD

Found 4 word about healthy food



100%



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