PERUVIAN NATURAL PRODUCTS

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I. Match the pictures of the products and their benefits:

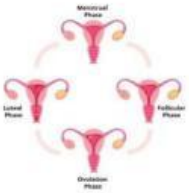
Peru… paradise of natural products

Our country has a lot of natural products which could give benefits for our health. Let's see some examples:

- Aguaje gives a balance female hormone.
- Lentils are high in protein and good for your bones.
- Coconut water has essential minerals to neutralize the effects of dengue fever.
- Honey has an antibacterial action and anti-inflammatory effects.
- Goldenberries are high in antioxidants to promote weight loss.
- Quinua are higher in fiber than many grains, helping your digestion.



























LIVEWORKSHEETS