



Nesta atividade, aprenda os alimentos que formam uma alimentação balanceada. Ouça e aprenda o nome em inglês de cada uma deles!

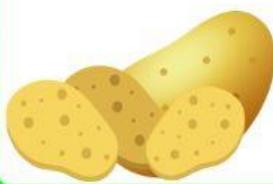
Healthy food and Balanced Diet



Uma alimentação saudável tem um pouco de cada nutrientes abaixo.

Carbohydrate

Potato

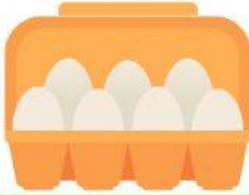


Rice



Protein

Eggs



Meat



Fat

Olive oil



Butter

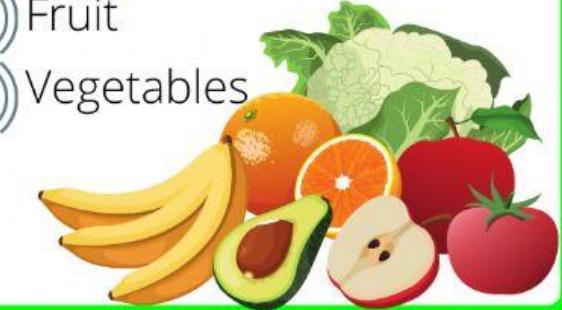


Minerals

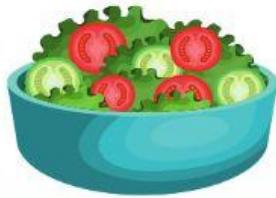
Fruit



Vegetables



Vitamins



Fibers



Water



Dairy products

Milk



Cheese