HEALTHY EATING

Watch the video and fill in the gaps:

grow	food pyramid	healthy eating	body	bad	every day	meat	eggs	little	rice
fats and sweets	be healthy	fish	be strong	one to three	cheese	five	potatoes	milk	
dairy	minerals	strong	daily	vitamins	cereals	pasta	butter	bread	

The video is about _____

Healthy foods are fundamental for our existence they help us _____, _____ and _____.

We need to learn about the _____ and follow its steps.

The first Step is about _____.

It is the worst one; we must eat _____ from this step. They are very _____ for our _____

The second step is formed by _____ _____ and _____

It is important to eat this food _____.

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The third step is all about _____.

It consists on _____ _____ and _____

You must eat this food from _____ times a day.

Fruit and vegetables feel our body with _____ and _____ and allow us to stay safe and _____

Doctors recommend eating them _____ times a day.

The fifth step is the group of _____ _____ _____ _____ and _____ You must eat them _____

Choose the four correct sentences:

Doctors and nutritionists experts recommend:

To eat at different time every day	To eat in front of the television
To eat with the family	To eat at the same time every day
To drink coke	To do planty of physical exercises
To play computer games	To drink water

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