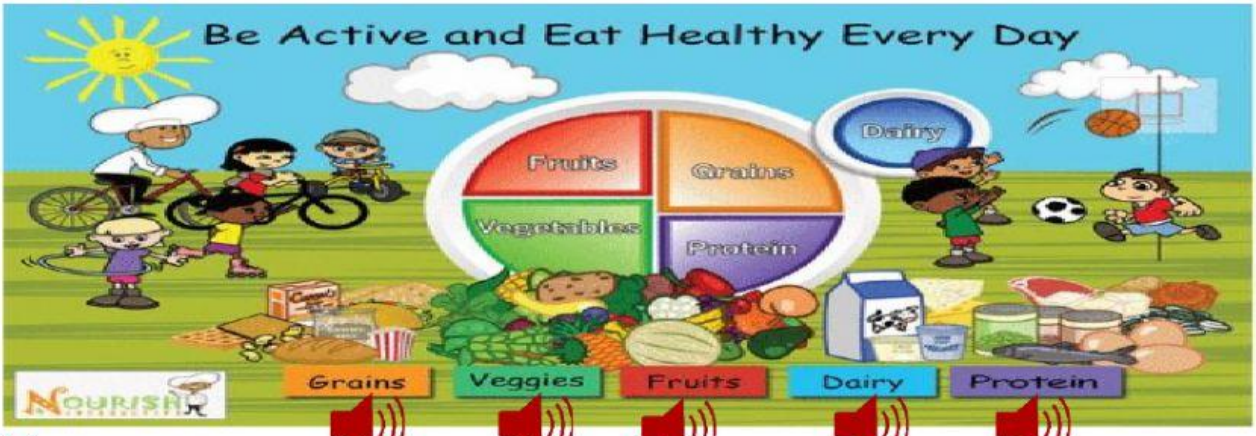
UNIDAD EDUCATIVA "ELOY ALFARO"
SANTO DOMINGO -ECUADOR

Ministerio de Educación | República del Ecuador | Gobierno del Encuentro | Juntos lo logramos

KEEPING HEALTHY



Keeping healthy is really important to be active every day, so we need to **eat colorful salads and food** in order to be very well and strong, for example veggie salads lettuce, tomatoes, carrots, radishes, onions and avocados which are delicious salads and vegetable soup. Therefore, we need to **eat proteins** such as **fish**, **chicken**, **meat**, **eggs**, **milk**, **fruits**, **grains** and **drink 8 glasses of water per day**. Also, we need to **do exorcises between** 30 minutes and an hour per day in order to reduce stress and **sleep for 8 hours a day** because our body need to rest. Finally, we need to **brush our teeth 3 times** a day and **take a shower** daily and **wash our hands frequently. Don't forget to wear mask and keep social distance 2 meters in order to avoid Covid 19.**

1.- MATCH THE CORRECT HABITS

WASH YOUR HANDS	SLEEP FOR 8 HOURS	DO EXORCISES	WEAR A MASK	PLAY
KEEP YOUR DISTANCE 2 M	BRUSH YOUR TEETH	TAKE A SHOWER	EAT HEALTHY	



















LIVEWORKSHEETS

EAT HEALTHY FOOD


RADISHES


RICE


CHICKEN

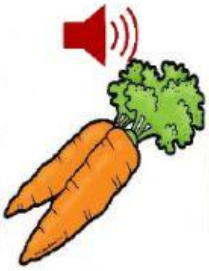

PINEAPPLES


CHEESE


LETTUCE


WATERMELON

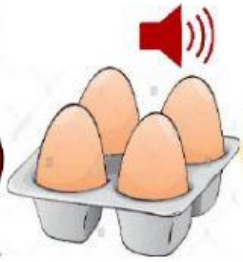

ORANGES


CARROTS


MILK


ONIONS


TOMATOES


EGGS


PEARS



OATS


FISH



YOGURT


APPLES


AVOCADOS


BREAD



TUNA FISH

2.- SELECT THE CORRECT FOOD IN THE FOOD CLASSIFICATION CHART OF THE PYRAMID, FOLLOW THE ORDER OF THE PREVIOUS VOCABULARY SEQUENCES AT THE TOP.

VEGGIES	FRUITS	PROTAINS	DAIRY	GRAINS
				
				

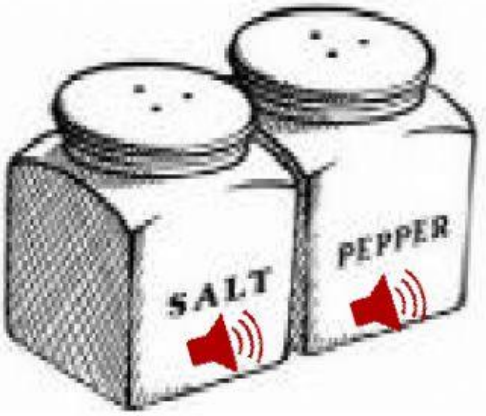
LIVEWORKSHEETS



BEING STRONG

HOW TO PREPARE A VEGGIE SALAD





INGREDIENTS

Radishes 

Avocados 

Tomatoes 

Onions 

Lettuce 

Carrots 

Lemon 

Tuna fish 

Eggs 

PREPARATION

1. First, **wash** the vegetables
2. Next, **chop** the radish, tomatoes, onions, lettuce, carrots and avocados
3. Then, **put** the cut veggies into a bowl
4. Next, **add** salt, pepper, lemon, vinegar, tuna fish and eggs
5. Then, **mix** the ingredients
6. Finally, **serve** the salad.

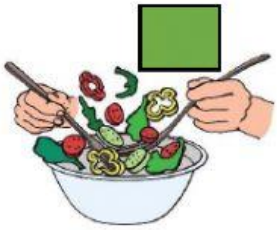




Good appetite!!

3.- MATCH THE CORRECT STEP OF THE PREPARATION













LIVEWORKSHEETS