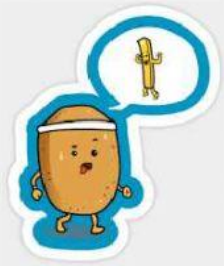
HEALTHY FOOD

WATCH THIS VIDEO AND DEVELOP (desarrolla) THE ACTIVITIES.

https://www.youtube.com/watch?v=0KbA8pFW3tg



READ AND CHOOSE THE CORRECT ALTERNATIVE:



1. In the video appears (aparece) a pyramid) formed by _____
2. Healthy foods are _____ for our existence.
3. Healthy food helps us to grow, be _____ and healthy.
4. The smallest part of the _____ is about fats and sweets.
5. Pastries and sweets contain high number of_____
6. Calories are bad for our _____. They make us fatter (más gordo/a).
7. The 2nd step of the Pyramid is formed by _____.
8. We should (deberíamos) eat more _____ than meat.
9. The 3rd step of the Pyramid is formed by _____.
10. The fourth step of the Pyramid involves _____.
11. Pastas, rice, bread, potatoes and Cereals are _____

MATCH STATEMENTS:

1. Carbohydrates must be eaten...	a. In good shape (forma)
2. Doctors recommend we must do···	b. Sweets.
3. Vitamins and mineral help us to be···	c. Bad for our body.
4. Children ´ s favorite foods are···	d. daily.
5. Calories are ···.	e. exercises daily.

LIVEWORKSHEETS