

# HEALTHY FOOD

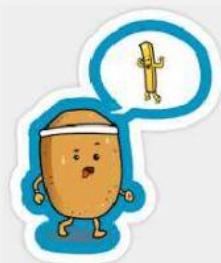
WATCH THIS VIDEO AND DEVELOP (desarrolla) THE ACTIVITIES.

<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.      |