



ACTIVITY 3: HEALTHY ACTIVITIES

Complete the recommendations with the missing

Eat / Eat / Do / Stay

Dear friend, (1) María

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active, (3) _____ exercise at home.

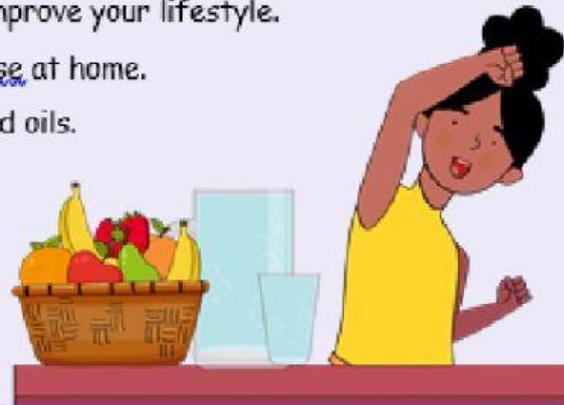
(4) _____ moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Mateo



biking / processed food / eat / Dante



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ three times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Sairy