

Healthy diet

Name: _____ Date: Thursday 7th, 2020

Objective: To identify vocabulary related to food

- I) Circle with Blue color the Healthy food (comida saludable) and with Red color the Unhealthy ones (comida no saludable) that you find below.



- II) Look at the vocabulary words in the box and classify them according to the group that they belong in the food pyramid. / Mira al vocabulario y clasificalo de acuerdo al grupo que ellos pertenecen en la piramide alimenticia.

<u>Grains</u>	<u>Meat, beans and dairy products</u>	<u>Fruit</u>	<u>Vegetables</u>	<u>Sugar and Fat</u>

- 1) Pasta
- 2) Fish
- 3) Legumes
- 4) Bread
- 5) Rice
- 6) Cheese
- 7) Chicken
- 8) Cereal
- 9) Eggs
- 10) Cookies
- 11) Nuts
- 12) Ice cream
- 13) Fruit
- 14) Vegetables
- 15) Milk
- 16) Water
- 17) Meat.