Vocabulary			
Pig-out	Cerdito/a	Skipping	Salto a la comida
Burn off	Quemar	Fill up	Llenar -te
Change your mind	Cambiar de opinion	Veggies	Vegetales
Binges	Atracones	Intakes	consumo
Sweets	Dulces	Dressings	Aderezos
Fast food	Comida rapida	Toppings	Coberturas (aderezos)
Junk food	Comida chatarra		
Ton	Montones		

1. When you aren't hungry but you are bored. What kind of activities do you have to do?
2. What do you have to eat if you need to crunch something?
3. How many glasses of water do you drink a day?
4. What do carbohydrates increase in your body?
5. The food you eat may have:
6. What to do if you pig-out:
7. What is the importance of breakfast?
8. What time do you have to eat dinner?
9. How much of veggies do you have to eat?
10. How much of candy is recommended?
11. Is it good for us to eat fast or junk food?
12. What does stress cause?
13. What do you prefer chips or fruits?
14. Every time you go to put something in your body, ask yourself:
15. Do you eat salads?