ACTIVITY 1: Select and put the food in the correct shopping trolley according to each food group.

Seleccioná y colocá la comida en el carrito según cada grupo de comida.

Grains and legumes

Fruits and vegetables

Proteins

Diary

Fat and sweets

ACTIVITY 2: Match the name of each food groups and the importance of water with their benefits in our body.

Uní el nombre de cada grupo de comida con su función en nuestro cuerpo.

Water

Grains and legumes

Fruits and vegetables

Diary

Proteins

Fat and sweets

They contain vitamins and minerals.

It contains calcium for strong bones and healthy teeth.

They give us energy.

Too much of them can be bad for our health.

It carries nutrients to all cells in our organism and oxygen to our brain.

They help muscles to grow and repair.

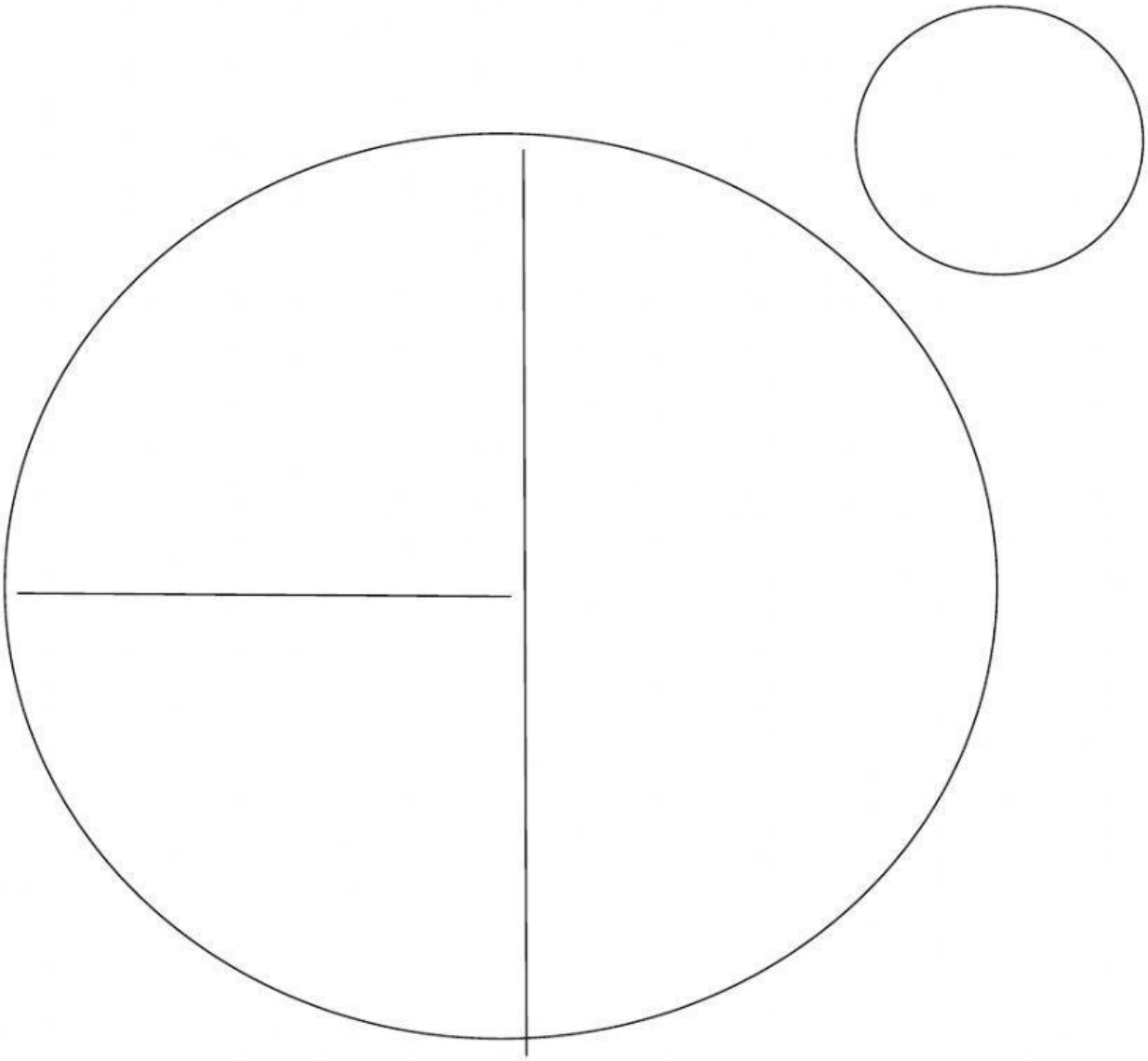
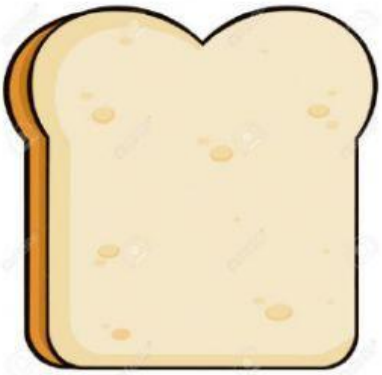
ACTIVITY 3: watch a video about how to make a healthy plate.

Mirá el video de como se compone un plato saludable.

https://www.youtube.com/watch?v=Gmh_xMMJ2Pw&t=50s

What is a balanced plate?

A balanced plate helps us to achieve a healthy dialy nutrition. It divides our meals in different parts. For example, half of our plate should be made up of vegetables and fruits. Then the other half should be divided into proteins and grains and legumes. Finally, it is very important to drink a glass of water in your meals!

ACTIVITY A: Select food and put in the correct food group to make a healthy plate.

Seleccioná y arrastrá la comida hacia el grupo correspondiente para crear un plato saludable.