

HEALTHY HABITS



What benefits has the physical activity? Select.



Healthy brain



Healthy heart



Get bored



Illness

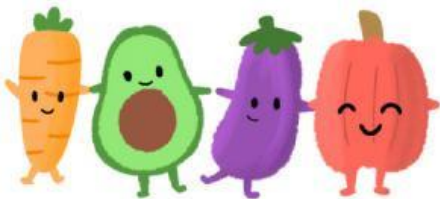


Happiness



strength

Select the healthy habits



To eat vegetables



To eat fat food



Sleep 8h



Uncorrect posture



To drink water



To do physical
activity



HEALTHY FOOD

How many times can you eat this food?

 Every day  4-5 times  1-2 times



Pistachios



Every day



4-5 times



1-2 times



Tomato



Every day



4-5 times



1-2 times



Donut



Every day



4-5 times



1-2 times



Carrot



Every day



4-5 times



1-2 times



Cake



Every day



4-5 times



1-2 times



red meat



Every day



4-5 times

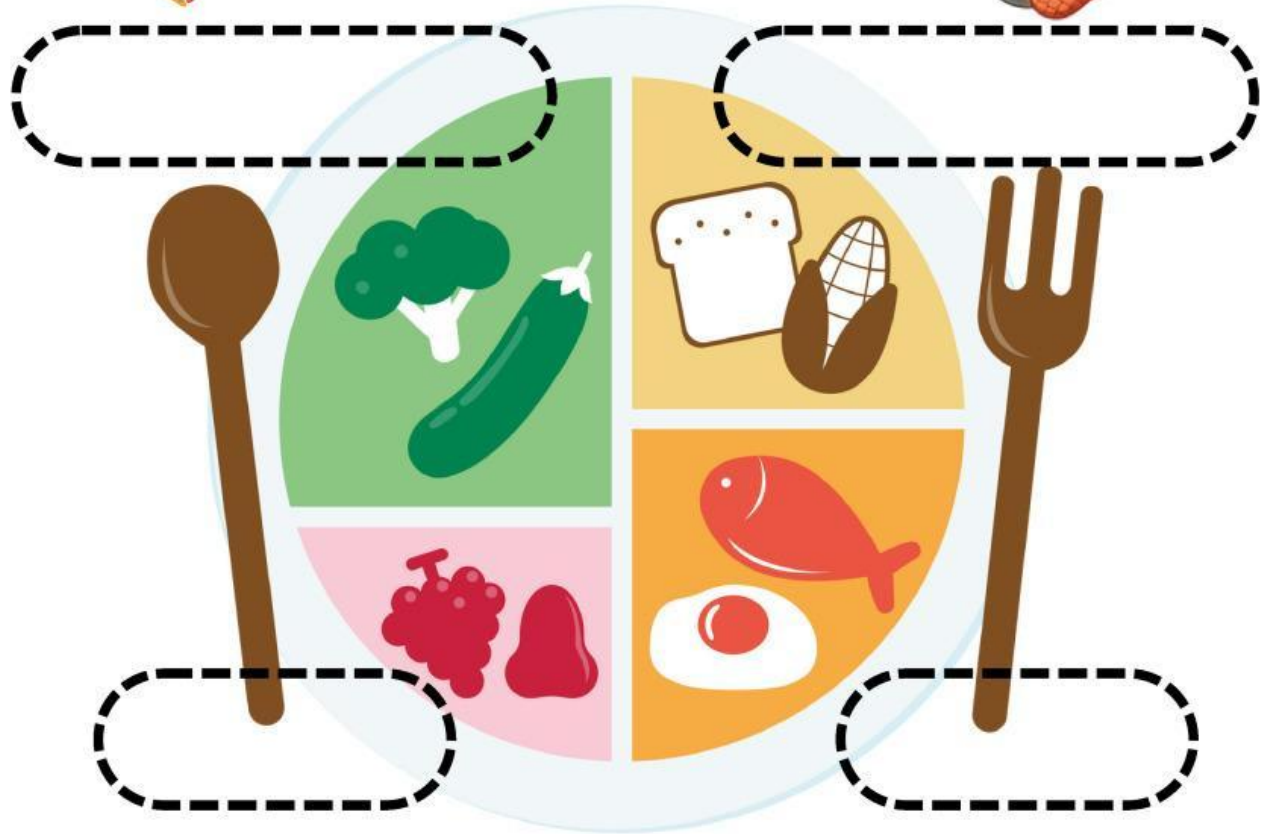


1-2 times

HEALTHY FOOD



Harvard Plate



Drag the element to the Harvard plate

25% Protein



40% Vegetables



25% whole grains



10% Fruits



HEALTHY FOOD



On a diet



Elaborate a balance diet. Select.

Breakfast (Select only one)

Whole tomato toast
+ banana

Donut + milk

2 eggs cooked and
strawberry

Snacks (Select two of them)

Tomato and ham
sandwich

Cookies and juice

Banana

Juice and jam
toast

Lunch (Select only one)

Potatoes
Chicken
Aubergine

Carbonara Spaguetti

Potatoes
Cheese burger + sauce
Ice cream

Dinner (Select only one)

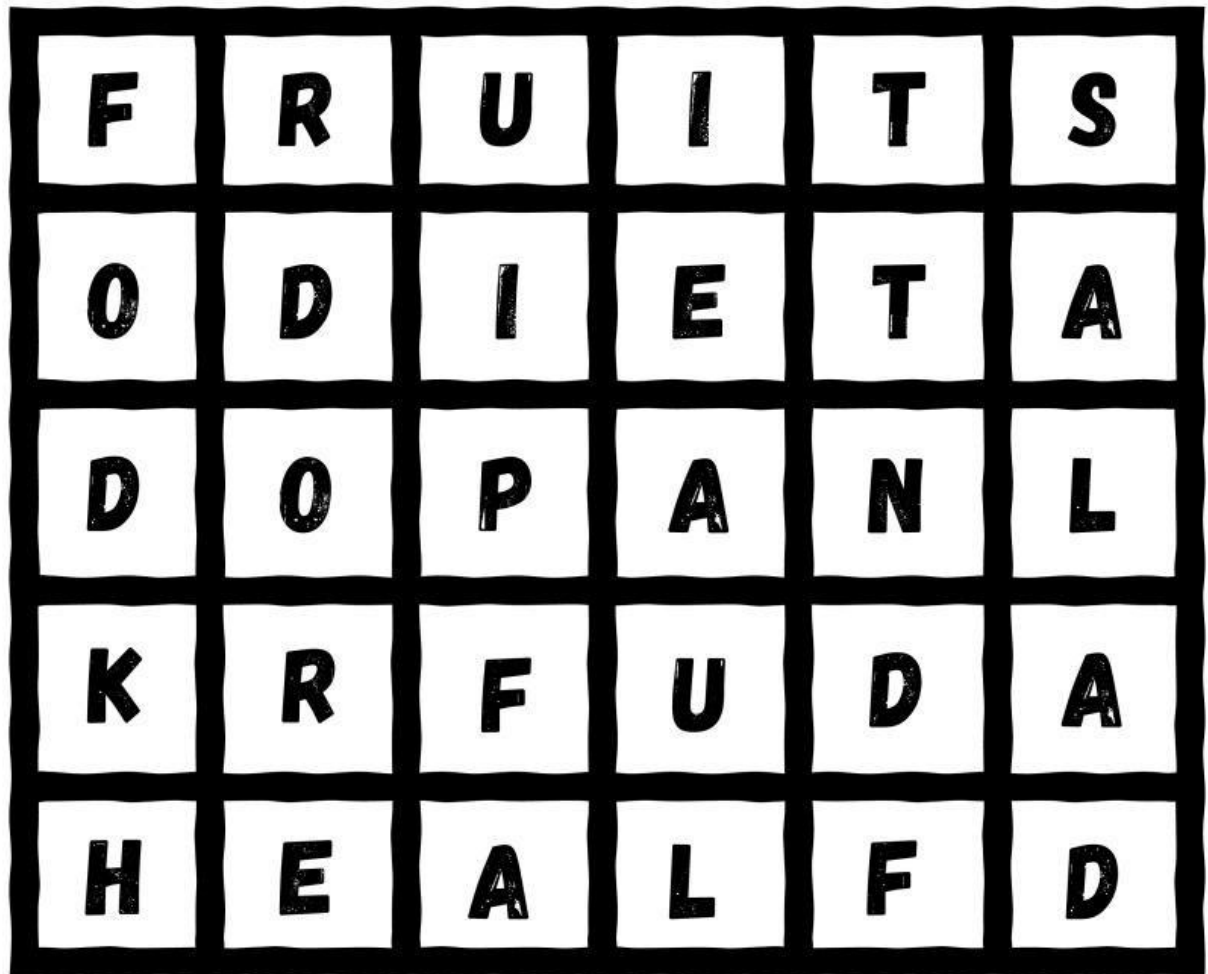
Pizza

Tomato, cheese and
avocado toast

Omelette and
vegetables

HEALTHY FOOD

Found 4 word about healthy food



100%



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