Liveworksheet 3. What is a healthy diet?

1. Look at the photos. Then click on the bar under each photo and choose: natural, processed or ultra-processed.













2. Match the type of food with its description:

Natural food	This is food that is made from other food.
Processed food	This is food with no added ingredients.
Ultra-processed food	This is natural or minimally processed food with other ingredients added to it.

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3. Tick the recommendations we should follow to have a healthy diet.



Eat lots of fruit and vegetables every day. ☐



Eat lots of ultra-processed food every week. ☐



It is good to eat animal fat every day. ☐



It is better to eat fish or chicken than other types of food of animal origin. ☐



Consume eggs, milk and dairy products in moderation. ☐



Drink six to eight glasses of water every day. ☐

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