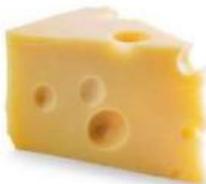


## **Liveworksheet 3. What is a healthy diet?**

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.

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



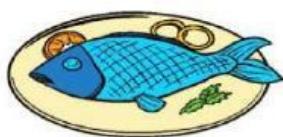
Eat lots of fruit and vegetables every day.



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.