WHAT'S IN YOUR FRIDGE?

ACTIVITY 1

Some of the food and products that Raquel has in her fridge are bad for her health. Raquel is lactose intolerant, which products she mustn't have in her diet ?

LIVEWORKSHEETS

ACTIVITY 2

Mark is diabetic,here you will find some indicatons from his doctor on what he must and mustn't include in his diet. Complete these sentences with the correct option.

1-Mark, you eat whole grains, like brown rice and quinoa.

2-You eat chocolate it contains cholesterol that is bad for your health.

3-You eat hot dogs and sausages, they contain saturated fats.

4-You exercise, practice sports and walk.

5- You drink a lot of water.

6- You eat artificial trans fats they are extremely unhealthy.

LIVEWORKSHEETS

ACTIVITY 3

Help Monica to decide which of the following recipes is the correct one for her, remember that Monica is celiac, and she needs a gluten-free diet.

Rose Bakes
AND YOU CAN TOO!

Author: Rose
Prep Time: 15 mins
Cook Time: 45 mins
Total Time: 1 hour
Yield: 20 servings
Category: Dessert

BEST STRAWBERRY CAKE EVER

INGREDIENTS

STRAWBERRY PUREE
- 1 cup chopped, fresh strawberries*
- 1/4 cup sugar
- 1/4 cup water

CAKE MIXTURE
- 1 (16.25 oz) white cake mix
- 1 (3 oz) strawberry gelatin
- 1 cup sugar
- 1 cup all purpose flour
- 1 cup sour cream
- 3 eggs
- 1 cup of strawberry puree (the above recipe makes 1 cup)

*You can also use frozen strawberries if you can't get fresh!

A

INGREDIENTS

DRY INGREDIENTS
1 CUP WHITE RICE FLOUR
3/4 CUP LOW FAT SOY FLOUR
1/2 CUP CORN STARCH
1 TSP SALT
3/4 CUP WHITE SUGAR
1/3 CUP BROWN SUGAR (OPTIONAL)
4 TSP BAKING POWDER
1/2 TSP GUAR OR XANTHAN GUM

LIQUID INGREDIENTS:
4 TBSP MELTED BUTTER
3 EGGS
1 TSP VANILLA
2/3 CUP MILK
1 CUP BLUEBERRIES (APPROX.)

blueberry muffins

Sift together dry ingredients. Beat together eggs, milk, melted butter and vanilla in a separate bowl, then add to dry ingredients. Mix in whole blueberries.

Pour batter into pre-oiled muffin tins, approximately 2/3rds full. Bake 20 minutes or until lightly browned in a preheated 400°F oven. Makes 12-15 muffins.

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LIVEWORKSHEETS