

HEALTHY FOOD



Watch Campbell's video and answer the following questions:

- 1- What is Campbell's most important meal of the day? Why?
- 2- Which food gives Campbell protein in the morning?
- 3- Which juice must we try to avoid (evitar)? Why? What is the healthiest juice?
- 4- Do you like Campbell's lunch? Why/ why not?
- 5- Why does Campbell show you three dishes (platos) for dinner?
- 6- What recipe does Campbell show you? What are the ingredients?
- 7- When does Campbell like eating snacks? What examples of snacks does he give? Are they healthy?
- 8- What final advice does Campbell give us?