



ALIMENTOS Y HÁBITOS SALUDABLES

Grupo de alimentos

Carbohidratos:

pan, pasta, arroz etc.



Grasas:

mantequilla, aceite etc.



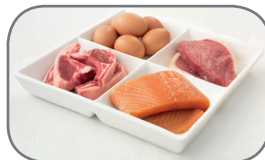
Fruta y verdura:

manzana, naranja, lechuga etc.



Proteínas:

pescado, huevos, carne etc.



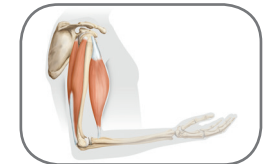
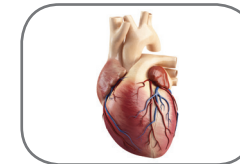
Hábitos de vida saludable

Comer cinco veces al día



Hacer ejercicio físico

El deporte te mantiene sano. Ayuda a que el corazón y los músculos crezcan fuertes.



Descansar

Es importante dormir 10 horas al día.



Higiene personal

Es importante lavarse las manos, cepillarse los dientes después de comer y ducharse cada día.





FOOD AND HEALTHY HABITS

Food groups

Carbohydrates:

bread, pasta, rice etc.



Fats:

butter, oil etc.



Fruit and vegetables:

apples, oranges, lettuce etc.



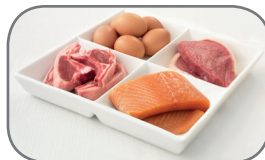
Dairy:

cheese, milk, yoghurt etc.



Proteins:

fish, eggs, meat etc.



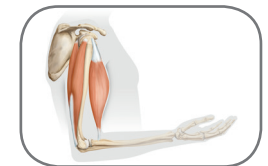
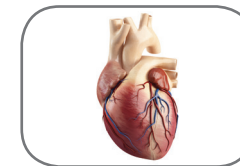
Healthy habits

Eat five times a day



Physical exercise

Sport keeps you fit and healthy. Your heart and muscles grow strong.



Rest

Sleep 10 hours a day.



Personal hygiene

Wash your hands, brush your teeth after you eat, and have a shower every day.

