

Alumno

**Leslie Abigail
García López**

2º cuatrimestre

**Materia
Ingles II**

catedrático

**ING. Enrique
Eduardo Arreola**

Fecha

**09 de marzo de
2023**



Food Guidelines

FRUIT

- Banana
- apple
- orange
- blueberries
- lemons

VEGETABLES

- Broccoli
- carrots
- onion
- tomatoes
- potatoes
- lettuce

DAIRY

- cheese
- milk
- yogurt

MEAT AND OTHER PROTEINS

- Beef
- chicken
- fish
- eggs
- beans

FATS AND OILS

- butter
- cream
- oil

GRAINS

- cereal
- bread
- pasta
- rice
- crackers
- noedlesl