

Ingles II

MATERIA:

2°

CUATRIMESTRE:

Arreola Jiménez Eduardo enrique

CATEDRATICO:

Food guidelines

TEMA:

Ancheyta Maldonado Alondra Guadalupe

INTEGRANTE:

Lic. Medicina veterinaria y zootecnista

LICENCIATURA:

Tapachula, Chiapas a 09 de Marzo del 2023

Food guidelines

Meat (carne)

Beef (filete)



Fish (pez)



Chicken (pollo)



Eggs (huevos)



Nuts (nueces)



Beans (frijoles)



Grains (granos)

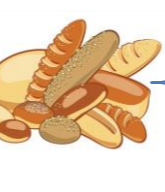
Pasta



Rice (arroz)



Bread (pan)



Cereal



Noodles (fideos)



Crackers (galletas)



Vegetables (verduras)

Onions (cebolla)



Broccoli (brocoli)



Potatoes (papas)



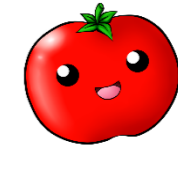
Lettuce (lechuga)



Carrots (zanahorias)



Tomatoes (tomates)



Fruit (fruta)

Apples (manzana)



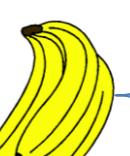
Oranges (naranjas)



Lemons (limones)



Bananas (guineo)



Kiwis



Blueberries (arandanos)



Dairy (lacteos)

Yogurt



Milk (leche)



Cheese (queso)



Fats and oils (grasas y aceites)

Oil (aceite)



Cream (crema)



Butter (manteca)



BIBLIOGRAFIA:

Antología libro de Progress check pag.39

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