

WDS

Mi Universidad

Nombre del alumno/a:

Oscar Gael Figueroa
penagos

Tipo de trabajo:

Actividad de plataforma

Grupo:

Recursos Humanos

THE PLATE OF GOOD EATING

What is it? The plate of good eating is a food guide that is part of the Official Mexican Standard (NOM), for health promotion and education in food matters.

What is it for? It is a guide to preparing balanced and healthy meals. Includes the three food groups that should be consumed in the daily diet.



GOOD HABITS

We need to have good habits for a healthy life.



you should brush your hair.



you should go to sleep early.



you should do exercise.



you should take a shower



you should brush your teeth

A GOOD GOOD DIET

1. For a breakfast



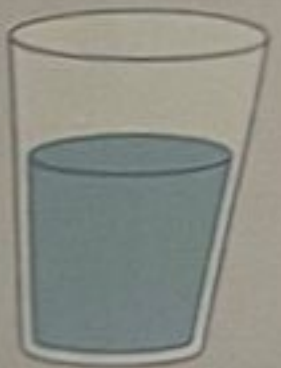
A bread with
an egg
and
a green juice

2. At noon



Oatmeal
with
nuts

3. At lunch



A glass of water,
green vegetable
soup and fish
fillet

4. At dinner



A green tea, and
a slice of