



# UDS

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BRH

# 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 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

toast



Healthy foods are important for our bodies to grow strong and stay healthy. Fruits and vegetables are some of the healthiest foods we can eat. They come in many different colors and flavors. Apples, oranges, carrots, and broccoli are just a few examples of these nutritious foods. They are packed with vitamins and minerals that help us stay energized and keep our immune system strong. Eating healthy foods also helps us have strong bones and teeth. So, next time you're hungry, reach for a delicious and nutritious fruit or vegetable!

1) Why are healthy foods important?

To grow strong and stay safe.

2) What do fruits and vegetables provide us with?  
the healthiest foods we can eat.

3) How do healthy foods help our bodies?

Vitamins and minerals.

4) Name some examples of healthy foods.

Oranges, carrots, apples and broccoli

