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Why are healthy foods important?

for our bodies to grow strong and stay healthy.

What do fruits and vegetables provide us with?
vitamins and minerals

How do healthy foods help our bodies
to grow strong and stay healthy?

Name some examples of healthy food:
salads, fruits and vegetables.

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.

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.



A GOOD DIET

1. For a breakfast



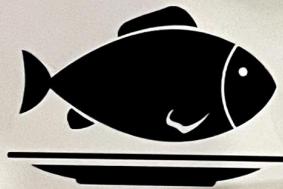
A bread with
an egg
and
a green juice

2. At noon



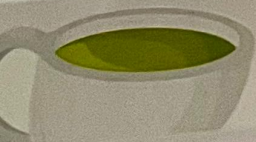
Oatmeal
with
nuts

3. At lunch



A glass of water,
green vegetable
soup and fish
fillet

4. At dinner



A green tea, and
a slice of

TRIN