

UDS

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Parcia : 3

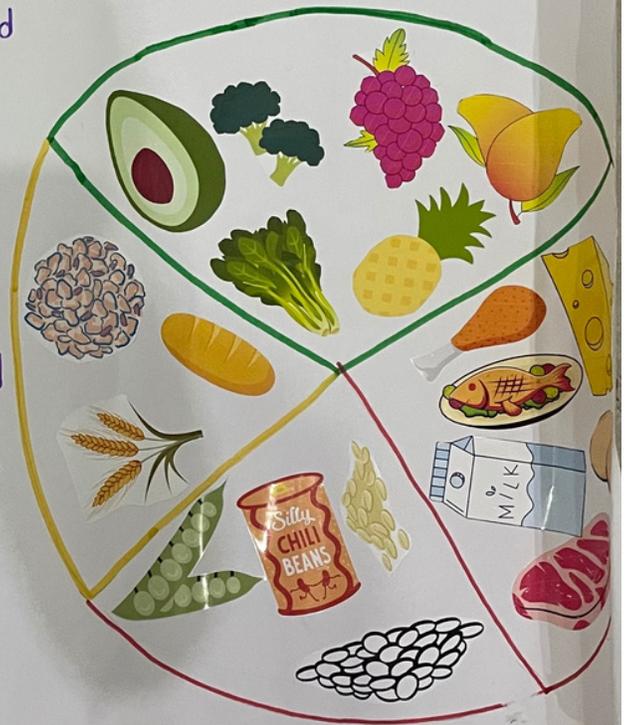
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THE PLATE OF GOOD EATING

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



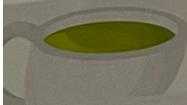
Oatmeal
with
nuts

3. At lunch



A glass of water,
green vegetable
soup and fish
fillet

4. At dinner



A green tea, and
a slice of

TEETH

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

Healthy food

1.- Why are healthy foods important? for our bodies to grow strong and stay healthy

2.- What do Fruits and vegetables provide us with?
Vitamins and minerals

3.- How do healthy Foods help our bodies? to grow strong and stay healthy

4.- Name some examples of healthy foods Salads, fruits and vegetables