

PROGRAMA DE EDUCACION
MEDICINA VETERINARIA Y ZOOCTENIA

ASIGNATURA
INGLES

TEMA
PLATO DE BUEN DE COMER

DOCENTE
GUILLEN ALCALA RAFAEL IVAN

ESTUDIANTE
MANUEL CALVO SANTIAGO
GRADO: SEGUNDO CUATRIMESTE
A

GRUPO:

FECHA DE ENTREGA
04/03/2024

HEALTHY

PLATE

PLATE



CARING YOUR FOOD

IF YOU DON'T CARE WHO WILL DO FOR YOU

REMEMBER YOUR BODY IS THE MOST IMPORTANT

EAT WELL TO A HAPPIER LIFE

HEALTHY OILS, OLIVE AND CANOLA, FOR COOKING OR, DRESSING. AVOID TRANS FATS AND LIMIT BUTTER.

VEGETABLES

THE MORE, QUANTITY AND VARIETY, THE BETTER. POTATOES DO NOT FALL, INTO THIS GROUP.

FRUITS

CHOOSE FRUITS OF DIFFERENT COLORS TO INCREASE THEIR NUTRIENT INTAKE

DRINKING WATER

TEA OR COFFEE, WITH LITTLE OR NO SUGAR. LIMIT DAIRY OR NO SUGAR. LIMIT DAIRY PRODUCTS TO SERVINGS DAILY AND JUICE TO ONE GLASS DAILY. AVOID SUGARY DRINKS .

WHOLE GRAINS

EAT WHOLE GRAINS, SUCH AS BROWN RICE, BLACK BREAD, OR WHOLE WHEAT PASTA. LIMIT REFINED GRAINS, SUCH AS WHITE BREAD AND WHITE RICE

HEALTHY PROTEINS

CHOOSE FISH, POULTRY, LEGUMES AND NUTS. LIMIT RED MEAT, AVOID BACON, JERKY AND OTHER PROCESSED MEATS.