

Nombre del Alumno: Dulce Lisbeth Mejía Morales

Nombre del tema: Plato del buen comer

Parcial: Tercer

Nombre de la Materia: Ingles

Nombre del profesor: Rafael Ivan Guillen Acala

Nombre de la Licenciatura: Medicina Veterinaria y

Zootecnia

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Plate of good eating

vegetables and fruits:

They are a source of vitamins, minerals and fiber that help the proper functioning of the human body, allowing adequate growth, development and health

cereals and tubers: They are the main source of energy that the body uses to carry out its daily activities, such as: running, working, playing, studying, dancing, etc., they are also an important source of fiber when consumed whole.

leguminous plants and foods of animal origin: They mainly provide proteins that are necessary for the growth and development of children, for the formation and repair of tissues.

Enjoying food and eating healthy is giving quality to life; There are no good or bad foods, the secret is in the combination and the portion consumed.



