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CURSO: INGLES

CARRERA: NUTRICIÓN.

GRADO: SEGUNDO CUATRIMESTRE

Healthy Food

Read the passage below and answer the following questions.

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?

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?

help us stay energized and keep our immune systems strong

4) Name some examples of healthy foods.

apples, oranges, carrots and broccoli.





The good eating plate facilitates the identification of the three food groups (vegetables and fruits, cereals and tubers, legumes and proteins of animal origin), the combination and variation of the diet, the selection of daily menus with the three food groups . and the provision of energy and nutrients through correct nutrition.o

To cover the nutritional needs of each person according to age, sex, height, physical activity or physiological state, the guide states that the diet must be sufficient. In the same sense, it is established to include different foods from the three groups at each meal time; That is, it is varied.

Finally, it is indicated that the diet must be hygienic and adequate; In other words, that food is prepared, served and consumed cleanly and that it is prepared according to the tastes, customs and availability of food in the region.