



## THE FOOD

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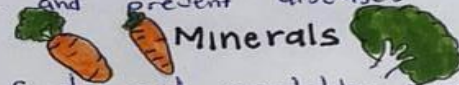
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# THE FOOD

The place of good eating is a guide to achieving a correct and balanced diet and prevent diseases with obesity, diabetes etc.



Fibre



Minerals

Fruits and vegetables provide us with calcium, which is good for our bones, an iron, which is good for our blood, and Zinc that helps fight infections.

are those that



Vitamins A, B, C D and E



Carbohydrates

Potatoes, rice, cereal Pasta, bread are what give you energy

Fruits, Vegetables and dairy Products are necessary vitamins for you skin, bones and teeth.



Fats

dairy products, meats, oils and sweets They give us energy and help build the body



Proteins

Meat, fish, dairy, products legumes and eggs help the body grow and repair itself



# BIBLIOGRAFIA

English for Nursing 2  
Vocational English course  
Book

Maria Spada Symonds and Ros  
Wright

editor: David Bonamy