

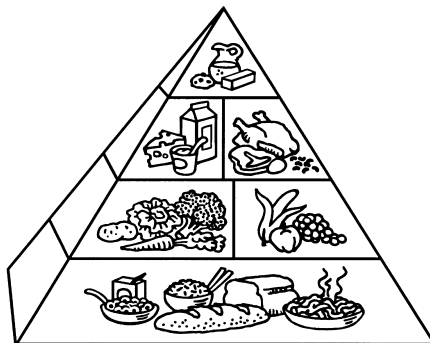


Actividad 10

A. The school nurse has compiled information on what everyone eats and is now telling you which foods are good for your health and which are not. Remember what you wrote for her survey? List the items you eat on a daily basis. Be sure to use words from the previous chapter as well as ones from this chapter.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

B. Now, use the nutrition pyramid shown and what you know about a well-balanced diet to fill in what the nurse would say. Follow the model.



Modelo *Los espaguetis son buenos para la salud. Ud. debe comer mucho pan y muchos cereales.*

1. _____
2. _____
3. _____
4. _____