

U.4 Healthy Diet

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What is a healthy diet?

A healthy diet is eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



What is a healthy diet

Not every day

Fat, sugar and salt

3 servings

Milk, yogurt
and cheese

2 servings

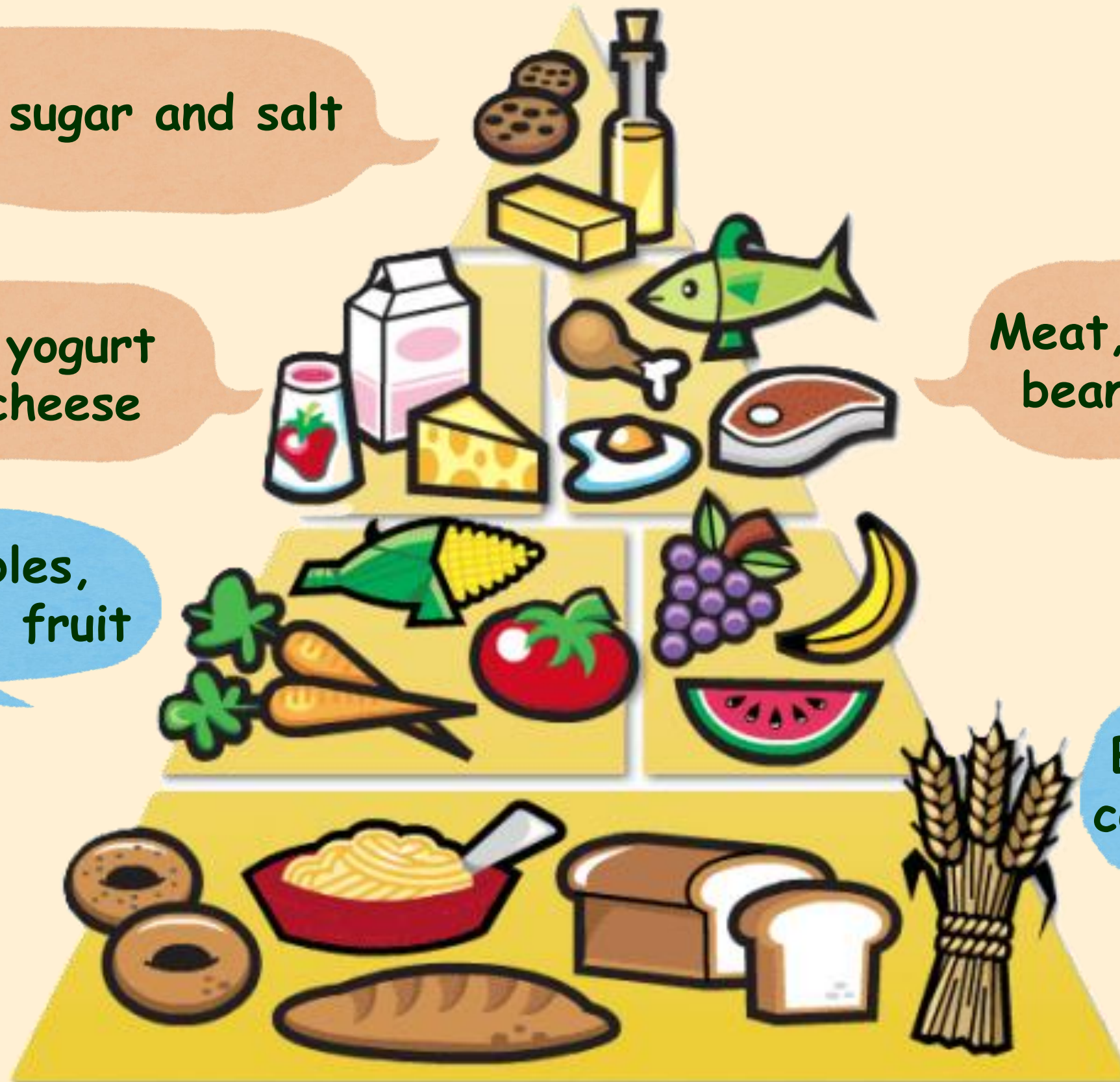
Meat, fish, eggs,
beans and nuts

3-5 servings

Vegetables,
salad and fruit

5-7 servings

Bread, rice, pasta,
cereals and potatoes



Lunch reflection

Spaghetti, corns, avocado, salmon



Lunch	
<input checked="" type="checkbox"/>	Grain products
<input checked="" type="checkbox"/>	Vegetables
<input checked="" type="checkbox"/>	fish
<input type="checkbox"/>	fruit

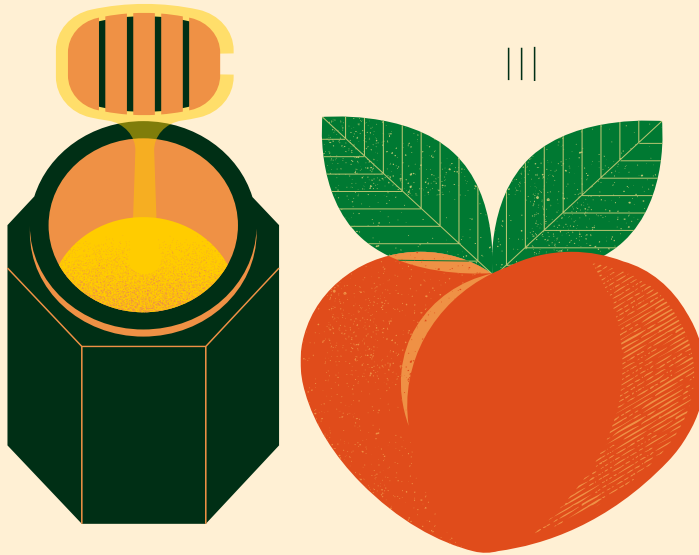
★ Lunch reflection ★

I ate a lot of spaghetti. That's good! I ate a little avocado. I need to eat more vegetables, like carrots and lettuce. I ate a little salmon. I need to eat more meat, like pork and steak. I didn't eat any fruit. I need to eat more fruit, like pears and grapes.



Dinner reflection

Shrimp, beef short ribs, broccoli, rice, grapes

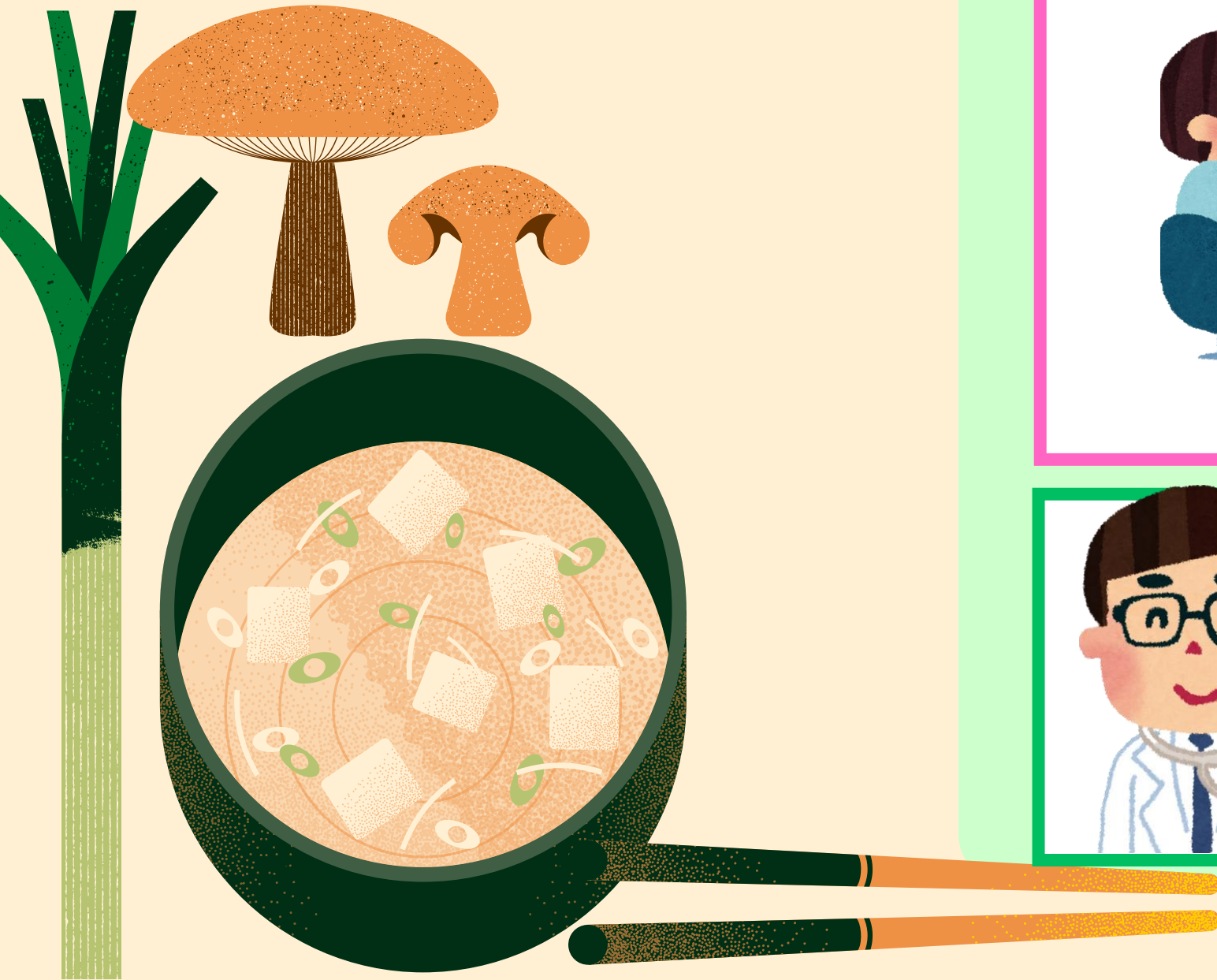
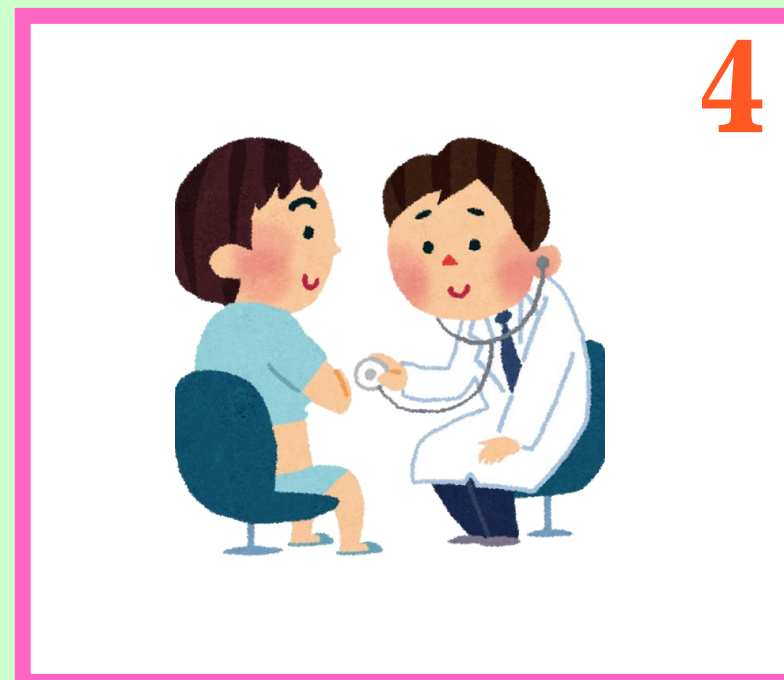


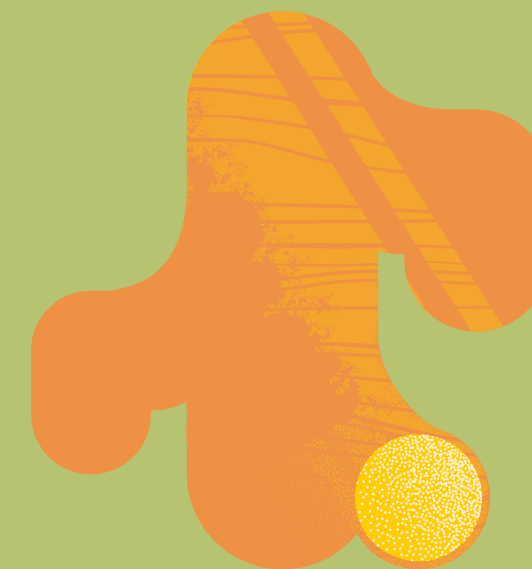
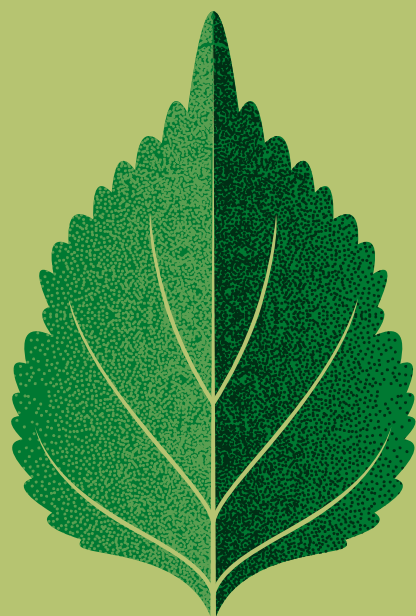
Dinner	
<input checked="" type="checkbox"/>	Grain products
<input checked="" type="checkbox"/>	Vegetables
<input checked="" type="checkbox"/>	meat
<input checked="" type="checkbox"/>	fruit

Dinner reflection

I ate a lot of rice. That's good! I ate a lot of vegetables. That's good too! I ate a lot of meat. I need to eat less meat. I ate a lot of grapes. It's good for my health!

Healthy Diet comic





Thank you!

