

FOOD PYRAMID

The food pyramid can help you eat a variety of foods while encouraging the right amount of calories and fat.



1. In this activity, you have to create a healthy daily menu (breakfast, lunch and dinner) using the information you have in the food pyramid.

BREAKFAST:

LUNCH:

DINNER:

Healthy habits



2. In this picture you can see 12 healthy habits, now you have to write the 5 most important healthy habits for you using this information or surfing on the internet looking for others.

1

2

3

4

5

POPULAR GAMES

Popular games are games that are passed from parents to children. They are part of the culture of the peoples, in them they usually reflect the needs and experiences, and also help educate new generations.

They are usually spontaneous, creative and motivating games.



3. In this activity, you have to explain a popular game by asking your family. We want all the details of the game. For example, materials, number of participants, rules, ...