

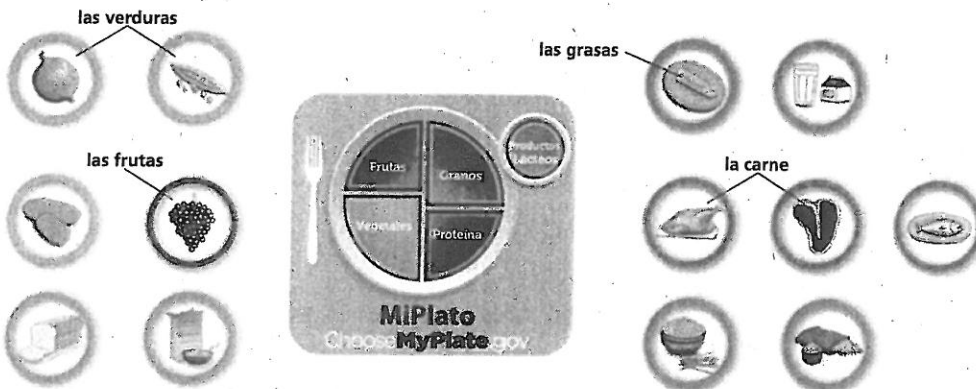


Actividad 10

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.

Blank lines for writing answers to part A.

B. Now, use the information from MiPlato 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.

Numbered lines (1-4) for writing answers to part B.