

# EAT RIGHT

On the top of the pyramid are fats and oils or sugary food. The milk of The cow gives lots of calcium for your bones. The fish meat and beans group are great to grow up. You need five portions of vegetables and fruits group. At the bottom of the pyramid There are the cereals group that give us energy and make us feel strong. And you need to brush your teeth after every meal. And sleep minimum eight hours and Think positive.



RIGHT

At the top of the pyramid there are fats and oils and sugar food. They are not healthy. Calcium is good for your bones. You need five portions of fruits and vegetables. At the bottom of the pyramid there are the cereals. You need to do exercise. You need to brush your teeth and sleep minimum eight hours. And always think positive.

# Eat Right

Every day you have to eat five portions of fruits or vegetables.

The milk is very good for our bones.

At the top of the pyramid there are fats and oils. Sleep at least 8 hours.

Cereals have got carbohydrates and they give us energy.

Don't eat sugary food. Wash your teeth three times a day you have to do sport every day. You have to eat fish, eggs and meat because they have proteins. Drink two litres of water every day.

# EAT Right

At the top of the pyramid there is the fats group. At the bottom of the pyramid there is the cereals group.

Sugary food is not good for the health.

Milk is good for bones. Fish and meat give

us proteins and minerals. You need to eat

5 portions of fruits because it is good

for the health. You need to do exercise.

You can go to the school cycling, brush your teeth after every food, sleep minimum 8 hours and thin positive.

# EAT RIGHT...

Don't eat too much sugar. Milk is very important for our bones. Five portions of fruits and vegetables. They are very important. Cereals give us energy. Sport is very important, for example riding a bike. Sleep minimum eight hours.

# EAT RIGHT

At the top of the pyramid is the sugary food.

You can't eat too much of this group. At the bottom of the pyramid there is the cereals group, this group brings you a lot of energy. Eat five portions of vegetables and fruits is good for you. The milk is very important to grow up. Fish, meat and beans group are very important because provide proteins.

We have to do healthy habits to be healthy.

Try to sleep eight hours in a day.

Think positive is very important because is good for our healthy.