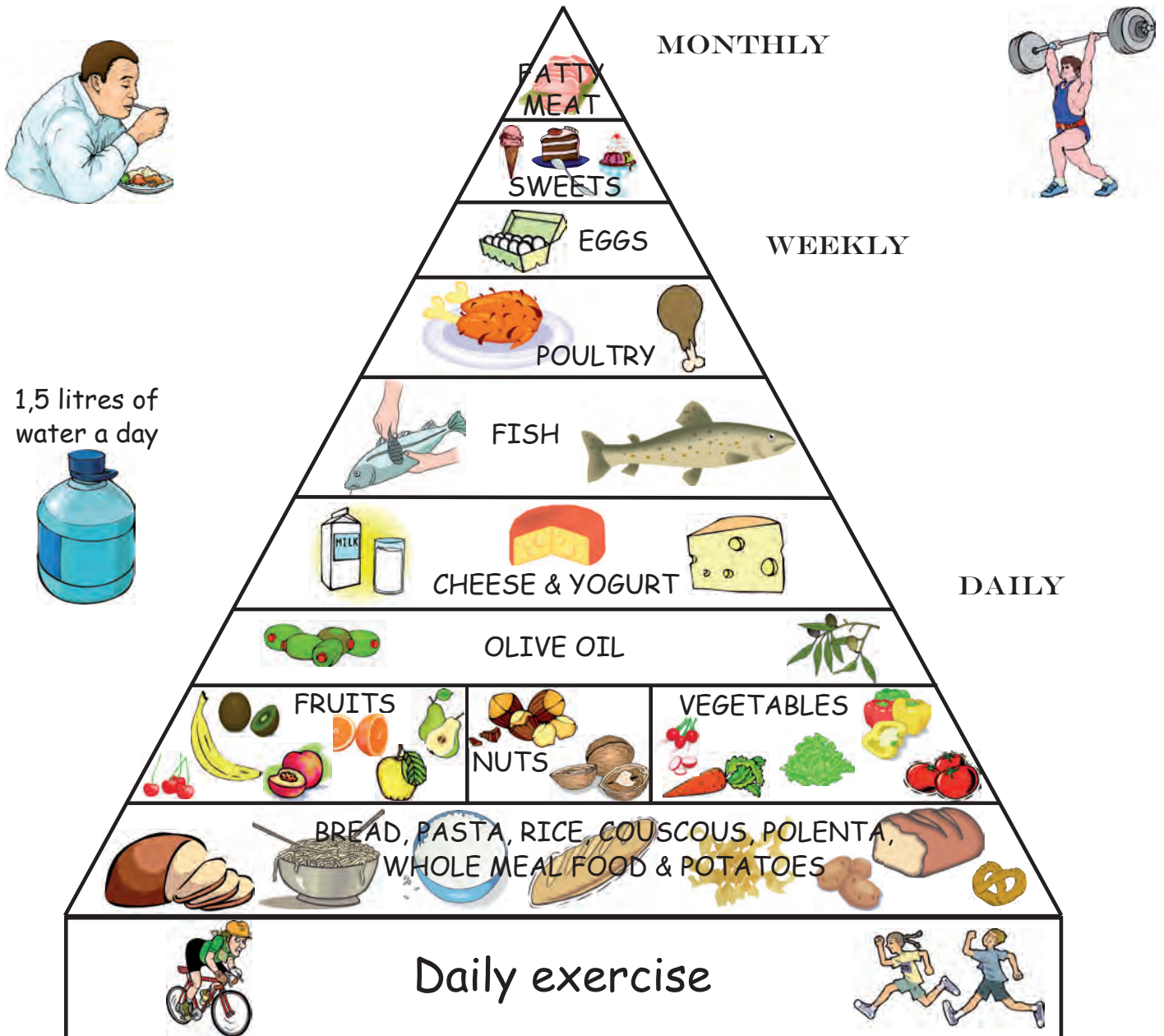


# HEALTHY EATING



- The basis of every meal should be bread, pasta or rice.
- Eat a lot of vegetables, fruits, nuts and beans.
- Use olive oil and olive oil products instead of butter and margarine.
- Eat more fish instead of pork.
- Eat fresh fruit instead of sugary desserts.
- Don't rush yourself when eating.
- Don't forget a little daily exercise like walking, cycling or swimming.
- Drink water instead of sweet drinks such as coke.

Discuss with a partner:

- How often do you eat the things in the food pyramid above?
- Which of the unhealthy things do you eat although you know they are not good for you?
- Why are certain things good or bad for you?