

In the theory part of class we are continuing evaluating our healthy habits.

In a healthy life, physical activity and sports play an important role, but our diet is fundamental to Be healthy and feel well. .

You will have to create a healthy menu for an entire day that includes equal portions of different nutrients according to your age, for which I will give you a document about portions.

That way you will have to create a recipe, keeping in mind what we discuss in class.

The work must include:

**1. Title page**

**2. Index**

**3. Introduction**

**4. Balanced daily menu (breakfast, lunch, main meal, snack, and dinner)**

**5. Recipe included in the menu**

**6. Evaluation of the portions and types of foods consumed**

**7. Proposal about how to improve your diet**

**8. Conclusions, answers to the questions about diets, and final reflection.**

- Analyze the number of portions that you have consumed from each group. Explain why you're chose those.
- How is your breakfast? If its not complete with regard to the other 3 principal groups, propose another.
- What is calorie balance? How do you think is in your case?
- Do you follow the rule of "5 a day" between vegetables and fruits?
- How were the meals prepared? (Fried, grilled, or boiled) Explain the differences between the different forms of cooking.
- In a general way, evaluate your menu, propose improvements.

**9. Bibliography**

I hope that you all are creative and healthy.

Enjoy!!

If you have any questions, send me an email: [robertoelprofeef@gmail.com](mailto:robertoelprofeef@gmail.com)