Realidades 1.3.B ***Mi plato***  nombre\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What do you think the title means in English?

2. Why do you think this is on the Internet?

3. There are 4 sections of “mi plato” and one side circle. What do you think they mean?

frutas

vegetales

granos

porteína

lécteos

4. In the reading what do you think these mean?

alimentos

lécteos bajos en grasa

leche descremada

5. In the vegetales column:

What vegetables are mentioned?

What kind should you eat more of?

What do you think these are:

 vegetales frescos

 vegetales conhelados (what word do you see in the word conhelado?)

 vegetales enlatados

How much should you eat?

6. Frutas

What is the suggestion for breakfast?

What do you think *panqueques* means?

What word do they use for *plátano*?

How much should you eat?

7. Granos

What should you look for in the list of ingredients?

Where will it be on the list?

How much should you eat?

8. Lácteos

What do you think these mean?

calcio

nutrientes esenciales

leche sin lactosa

leche de soja

How much should you eat?

9. Proteínas

What do they say about fish?

What is *por lo menos 90% magra*?

How much should you eat?

**What do these mean?**

 reduzca el sodio (sal)

 Beba agua en lugar de bebidas con azúcar.

 Esté físicamente activo

What foods should you not make a daily habit of eating?

What is recommended for kids?

What is recommended for adults?