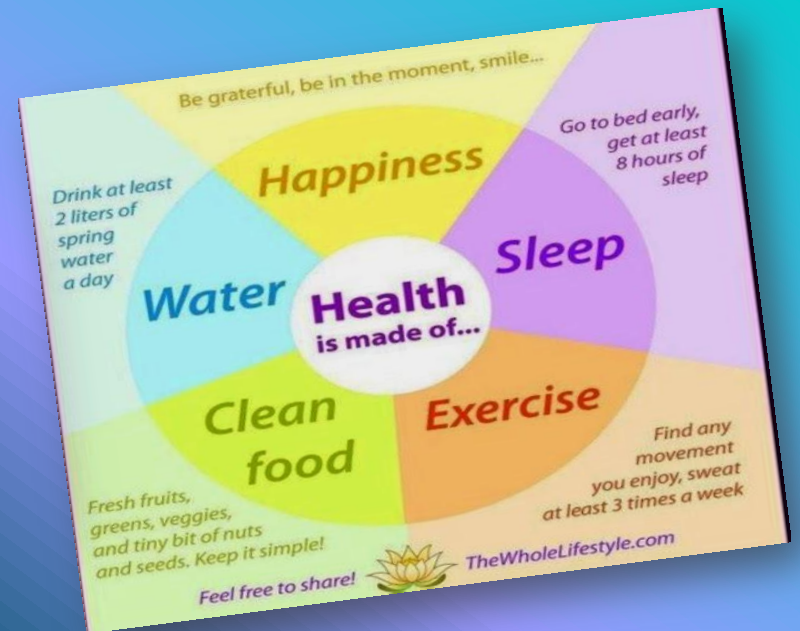


# MY HEALTHY WEEK



# HEALTHY FOOD

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## FSA 's EATWELL PLATE

According to the UK Food Standard Agency (FSA), a balanced diet should include about one-third bread, rice, potatoes, pasta and other starchy food (carbohydrates). The remaining third of the diet should be made up of about equal quantities of meat, fish, eggs, and beans (source of proteins) and milk and dairy foods, with only a small amount of foods and drinks that are high in fat and / or sugar.

This is illustrated in the FSA's eat well plate. In this plate there's a very important group: fruits and vegetables.





oats



wheat



rice



corn



rye



millet



barley



cereals



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# CEREALS IN LOMELLINA

WHEAT = FRUMENTO

BARLEY = ORZO

RICE = RISO

CORN = MAIS

MILLET = MIGLIO

RYE = SEGALE

OATS = AVENA

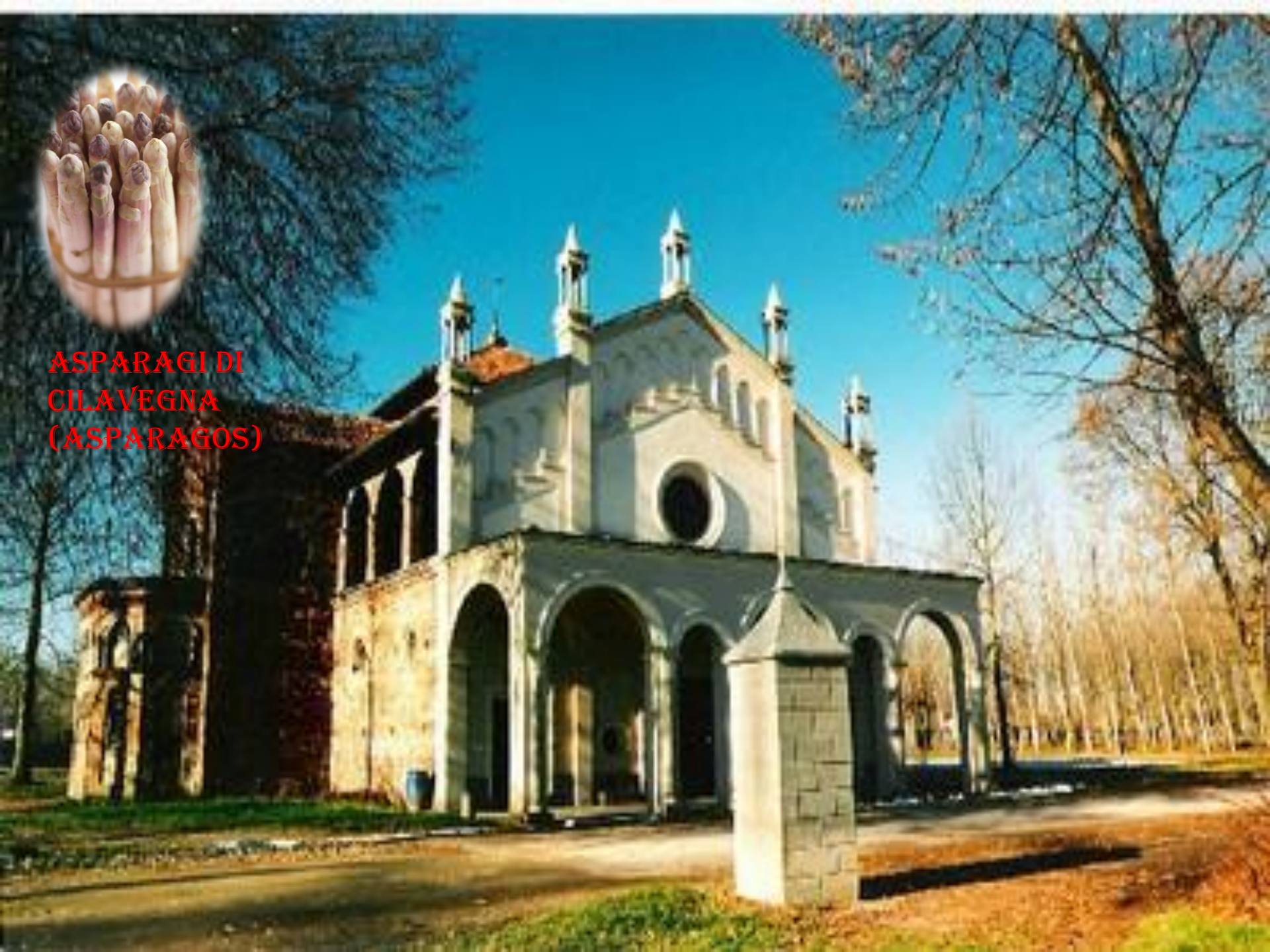


**CIPOLLE ROSSE DI BREME ( RED ONIONS)**





**ASPARAGI DI  
CILAVERGNA  
(ASPARAGOS)**





**FAGIOLI BORLOTTI DI  
GAMBOLO (BORLOTTI  
BEANS)**





# HEALTHY LIFESTYLE



# TOP 10

1 Exercise boosts brainpower

L' esercizio aumenta  
le capacità intellettuali

2 Movement melts away stress

Il movimento tiene  
lontano lo stress

3 Exercise gives your energy

L' esercizio ti dà energia

4 It is easy to find time for fitness

è facile trovare tempo per  
l' attività fisica

5 Fitness can build relationships

il fitness può sviluppare  
rapporti con gli altri

6 Exercise helps ward off disease

l' esercizio aiuta a  
prevenire le malattie

7 Fitness pumps up your heart

l'attività fisica  
regola il  
battito cardiaco

8 Exercise lets you eat more

l' esercizio permette  
di mangiare di più

9 Exercise boosts performance

l' esercizio aumenta le  
prestazioni

10 Weight less is not the  
most important goal

pesare di meno non è  
l'obbiettivo piu'  
importante

# Interviews about healthy lifestyle



1 WHAT TIME DO YOU GET UP ?

I get up at 7:00 o'clock.

2 WHAT DO YOU USUALLY HAVE FOR BREAKFAST ?

I usually have a cup of milk and biscuits for breakfast.

3 DO YOU USUALLY DRINK SOME MILK FOR YOUR BONES AND YOUR TEETH?

Yes, I do.

4 WHAT DO YOU USUALLY HAVE FOR LUNCH ?

I usually have pasta for lunch.

5 AFTER LUNCH DO YOU ALWAYS BRUSH YOUR TEETH?

No , I don't

6 DO YOU DO ANY SPORTS ?

Yes , I do.

7 HOW MANY HOURS DO YOU WATCH TV? AND HOW MANY HOURS DO YOU PLAY VIDEO GAMES ?

I watch TV for 3:00 hours a day and I play videogames for 1:00 hour a day.

8 WHAT DO YOU USUALLY HAVE FOR DINNER ?

For dinner I usually have vegetables soup and fish or meat

9 WHAT TIME DO YOU GO TO BED?

I go to bed at 9:30

10 DO YOU THINK YOU HAVE A HEALTHY LIFESTYLE ?

No , I don't

# INTERVIEWS



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