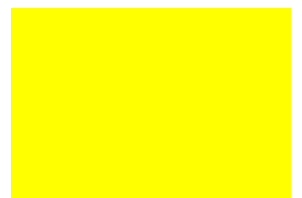


Healthy and mediterranean balance christmas menu



When we maintain a healthy, balanced and variable diet and we also do physical exercise every day, our physical state would be PERFECT and we would feel comfortable with our body and with ourselves.



Index

1 Menu for chistmas day

2 Calculate scrath

3 Classification the foods

4 Explain one of the meals on my menu

5 Why is your menu healthy and balanced?

6 Does your menu fit the Mediterranean diel

7 My opinion

1. Design a healthy and balanced menu for a Christmas day. You must indicate what foods and their amounts make up each of the meals.

31 de cembre	food	amount to	Amount to how is it cooked ?	food distribution
breakfast	natural orange juice, bread tested, oil,grated tomato	200g: natural orange juice(a glass) 90g: 3 slice of toast 10g: oil 90g: grated tomato	squeezing, scratching	25%
mid morning	nuts y natural yogurt	20g: nuts 80g: yogurt	natural	10%
lunch	grilled prawns, salad,sirloin steak with pepper, with potatoes and banana	200g: grilled prawns 100g: salad 250g:sirloin 100g:with potatoes 85g: banana	grilled prawnas,baked sirloin, baked potatoes	35%
snack	christmas bonbon	7g		10%
dinner	assortment of sausages, canapes, grilled squid and grapes	50g: assortment of sausages 150g:canapes 100g: grilled squid 12:grapes	conserved : assortment of sausages grilled squid	20%

All this accompanied by a liter and a half the water and physical exercise.

food	lipids	carbohydrate	protein	calories
natural orange juice,	24g	20g	14g	94kcal
bread tested,	6g	102g	14g	500kcal
oil	10g	0g	0g	170kcal
grated tomato	0.2g	3.5g	0.8g	22kcal
nuts	30g	7g	7g	100kcal
natural yogurt	3,5g	3,6g	10g	61kcal
grilled prawns,	10g	0g	48g	208kcal
salad	14g	7g	5g	180kcal
sirloin steak with pepper	16g	0g	50g	320kcal
with potatoes	1g	65g	6g	150kcal
banana	1g	30g	2g	100kcal
christmas bonbon	8g	5g	0.5g	90kcal
assortment of sausages	6g	1g	3g	60kcal
canapes	2g	8g	3g	60kal
grilled squid	2g	4g	18g	100kcal

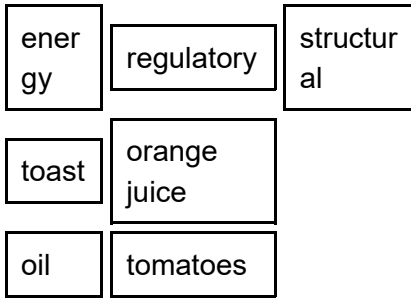


				al
grapes	3g	2g	20g	70kcal
water	0g	0g	0g	0kcal

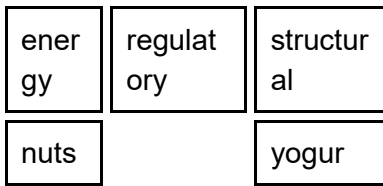
<https://scratch.mit.edu/projects/451413438/editor/>

3 Classify the food in your menu according to their function

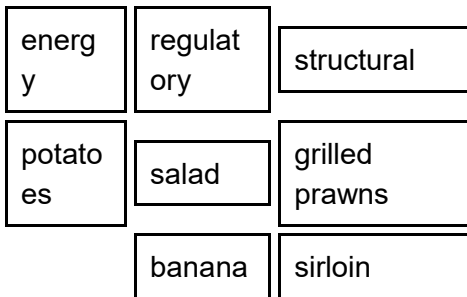
desayuno- breakfast



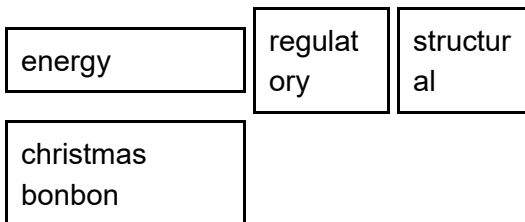
media mañana- mid morning



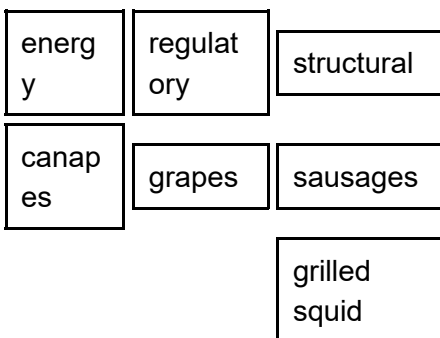
almuerzo- lunch



merienda- watch



cena-dinner



All this accompanied by a liter and a half the water and physical exercise

4. Explain one of the meals on your menu. You must add images and detail the recipe step by step.

to lay the orange juice You only need to cut them in half and leave them ready to be squeezed without problems. Squeeze them and pour the juice into a glass. You can use a manual or electric juicer but the result will be the same once the juice is made, we will make the toast with tomato we will cut the bread in the center and put it in the toaster for about two minutes, then we will wash a tomato and grate it in the grater, then add oil to the bread and tomato, it is very easy Mediterranean and healthy



5. Why is your menu healthy and balanced? Justify it with what you know about the unit.

Because it includes carbohydrates, proteins and fats, all the foods used are natural foods that contribute to the proper functioning of our body.

It is a Mediterranean diet, we also use a simple food preparation such as grilled and baked, we try to have the 3 hc food groups, proteins and fats, in each meal. We comply with the distribution of quantities throughout the day .

6. Does your menu fit the Mediterranean diet? Why?

because it includes varied, healthy foods from the area, which makes the Mediterranean diet healthy and very varied because it includes foods such as vegetables, olive oil, fish, potatoes, fruits, plants and dairy products, making it a very complete diet .

7. My opinion

En mi **opinión** esta unidad ha sido muy importante, porque solo tenemos una vida, y es **necesario** que nos cuidemos y nos sintamos **agusto** con nuestro cuerpo, para ello necesitamos seguir una dieta variada, saludable y equilibrada y todo esto debe ir acompañada de ejercicio **físico:**

actividad física son 30 minutos cada **día** durante 5 **días** a la semana

algunas otras de las recomendaciones saludables son:

comer 5 piezas de frutas al día

beber 1,5 litros de agua diarios

dormir 8 horas diarias

2-3 raciones diarias de **lacteos**

En **difinitiba** cuidarse mucho y mantener un buen **habito** para que cuplir con todas las recomendaciones, nos sea un habito y no una obligación.

I got information from:

[-https://www.fatsecret.es/calor%C3%ADas-nutrici%C3%B3n/gen%C3%A9rico/agua](https://www.fatsecret.es/calor%C3%ADas-nutrici%C3%B3n/gen%C3%A9rico/agua)

[-https://scratch.mit.edu/projects/451413438/editor/](https://scratch.mit.edu/projects/451413438/editor/)