

# HEALTHY EATING



Here is what Maria consumed yesterday. Study the table and do the activities that follow.

## Breakfast:

A glass of fresh-squeezed orange juice: ?

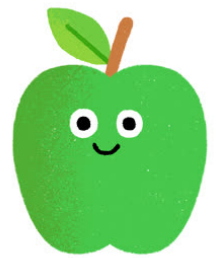


Ham and cheese puff pastry pie: 650 kcal



## Morning Snack:

Two green apples: ?



## Lunch:

Two pieces (triangle) of pizza special:

760 kcal

A glass of chocolate milkshake: ?



## Afternoon snack:

A chocolate croissant (about 80 gr): ?



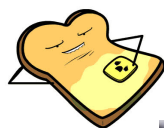
## Dinner:

Cheese omelette:

430 kcal

A slice of white bread: 70 kcal

A piece of cheesecake: ?



Total calories:

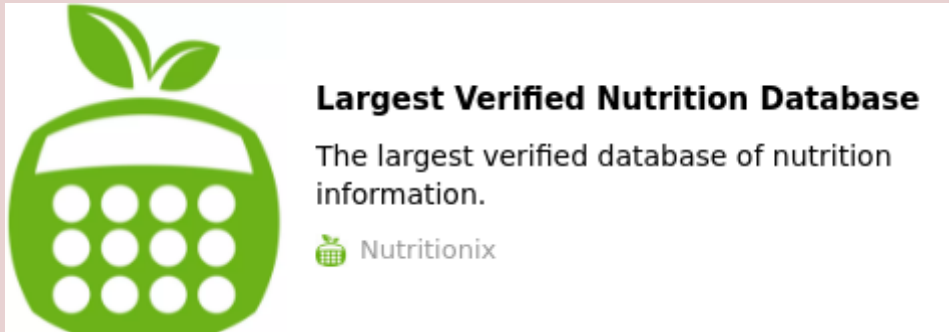
?



A. After visiting the following web pages, fill in the blanks (question marks) above with the calories missing.

<https://www.nutritionvalue.org/nutritioncalculator.php>

<https://explorefood.foodafactoflife.org.uk/Calculator/Recipe>



B. Evaluate Maria's diet (nutritional value, nutrients, etc.).

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C. If Maria often chooses to eat this kind of food in her weekly diet, what do you think will happen to her? Justify your answer.

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D. After watching the video below, suggest various tasty healthy options that could replace the foods that you consider unhealthy.



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