

Ficha 5: DISEÑA TU DIETA EQUILIBRADA

Actividad 1: Dieta equilibrada

hidratos de carbono	productos lácteos	agua	verduras
frutas	azúcares	grasas y aceites	proteínas

Diagram illustrating a balanced diet pyramid with five layers:

- Top layer: Beverages (water, juice).
- Second layer: Dairy products (milk, cheese, yogurt).
- Third layer: Protein sources (eggs, meat, fish, tofu).
- Fourth layer: Fruits and vegetables.
- Bottom layer: Grains and carbohydrates (bread, rice, pasta).

Labels on the left side of the pyramid (from top to bottom):

- Two empty boxes pointing to the top layer.
- Two empty boxes pointing to the second layer.
- Two empty boxes pointing to the third layer.
- One empty box pointing to the bottom layer.

Actividad: diseñar tu propia dieta equilibrada (desayuno, media mañana, comida, merienda y cena)