Dieta Equilibrada

Do you eat a balanced diet? Use this [Dieta Equilibrada Infographic](https://www.imageneseducativas.com/infografia-una-dieta-equilibrada/) to select what you would like to eat for one day. Write your selections in the tables below. Then follow your teacher’s directions for sharing your food preferences with your partner.

# Desayuno

| Comida | Lácteo | Bebida |
| --- | --- | --- |
|  |  |  |

# Merienda

|  |
| --- |

# Comida

| Primer plato | Segundo plato | Postre |
| --- | --- | --- |
|  |  |  |

# Cena

| Plato | Postre | Bebida |
| --- | --- | --- |
|  |  |  |