

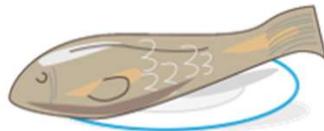
# La comida sana



pollo



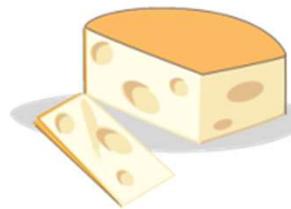
leche desnatada



pescado



pan integral



queso



cereales



agua



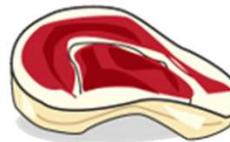
nueces



vegetales



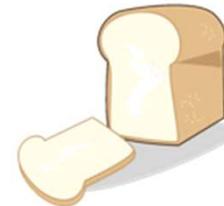
fruta



carne roja



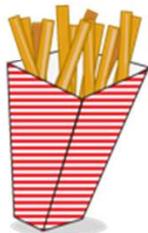
leche entera



pan blanco



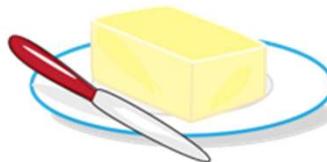
chocolate



patatas fritas



galletas



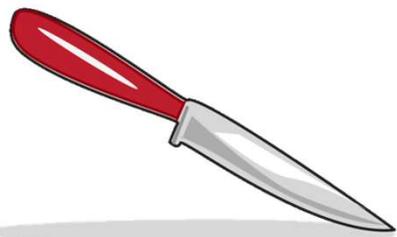
mantequilla



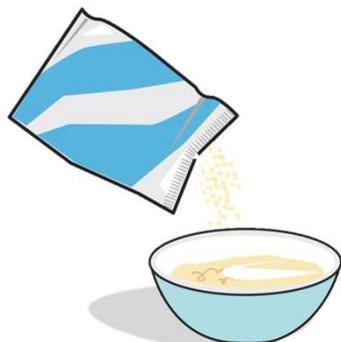
bebidas con gas



caramelos



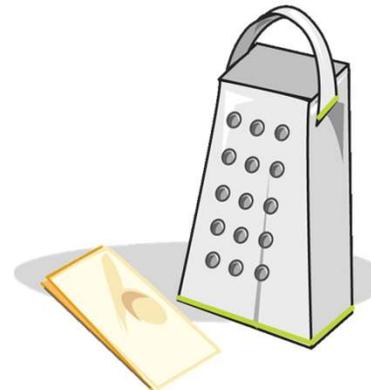
¡Cortar!



¡Añadir!



¡Mezclar!



¡Rallar!



¡Cocinar!

# La comida sana



hago natación



paseo a mi perro



juego al baloncesto



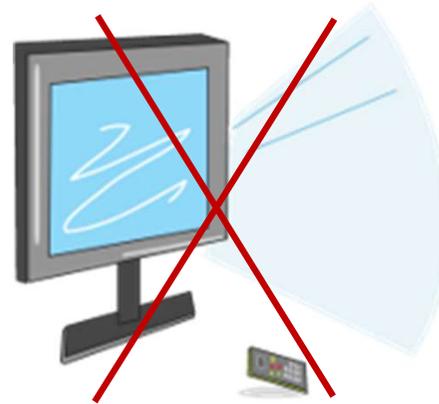
juego al tenis



hago judo



monto en bicicleta



no veo la tele



no juego con juegos electrónicos