

FRENTE

1 / 12

Healthy food

FRENTE

2 / 12

Junk food

FRENTE

3 / 12

Balanced diet

FRENTE

4 / 12

Fruit and vegetables

VERSO

1

Food that is good for your body (fruit, vegetables, water).

VERSO

2

Food that is unhealthy (burgers, chips, sweets).

VERSO

3

Eating different types of food in the right amounts.

VERSO

4

Food rich in vitamins and fibre.

FRENTE

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Appetite

FRENTE

6 / 12

Recipe

FRENTE

7 / 12

Allergic

FRENTE

8 / 12

Nutritious

VERSO

5

The feeling of wanting to eat.

VERSO

6

Instructions for cooking a dish.

VERSO

7

Having a bad reaction to certain food.

VERSO

8

Full of good things for health.

FRENTE

9 / 12

Favourite dish

FRENTE

10 / 12

Meal

FRENTE

11 / 12

Portion

FRENTE

12 / 12

Ingredient

VERSO

9

The food you like the most.

VERSO

10

Food eaten at a specific time (breakfast, lunch, dinner).

VERSO

11

The amount of food you eat at one time.

VERSO

12

An item used in cooking (e.g., flour, eggs, sugar).