

PREGUNTES ALIMENTACIÓ D'ADOLESCENTS

1.- Un cop llegit l'article, dóna la teva resposta a la pregunta inicial:

- On aniries, al McDonald's, al Pans & Co, o a algun altre establiment?
Aniria a algun altre establiment en el que serveixin menjar que no tingui només carn que no sigui de peix, com per exemple un bufet lliure d'un japonès o Chinese com a molt, si no personalment sí surto per anar a menjar a algun restaurant es per menjar o be pizza o bé un altre menjar que no el pugui o tardi de fer a casa.
- Què et demanaries?
Doncs ja que surto a dinar menjaria algun menjar que no el pogués fer a casa per la raó que sigui.

2.- Apunta tots els àpats, i el que menges en ells, durant un dia i, segons l'article (pots fer servir el gràfic per a tenir una referència) respon:

- Quin número d'àpats és recomenable realitzar?
Fer quatre àpats diaris.
- Quants àpats has fet al llarg del dia?
Jo faig tres àpats al llarg del dia.
- Anota el que has menjat:
Per esmorzar: 13 ametlles, 1 poma i mitja.
Per dinar: un plat de pasta fresca.
Per sopar (encara no he sopat però poso el que vaig sopar ahir): un plat de patata amb verdura.
- Segons la Piràmide de l'Alimentació Saludable, què és el que més has menjat?
Fruïtes i verdures i hidrats de carbó.

3.- Digues si els següents aliments són per a menjar diàriament, 2-3 cops per setmana o bé ocasionalment (Consulta el gràfic):

Pa: diari

Entrecot: ocasionalment

Donut: ocasionalment

Poma: diari

Col·líflor: diari

Amanida de patates: 2-3 cops per setmana

Sortit de formatges: 2-3 cops per setmana

Botifarra amb all i oli: ocasionalment

4.- La característica de la dieta Mediterrània està definida en l'article (concretament en el requadre gris). Llegeix-li a la teva mare/pare i entre els dos, debatiu si seguïu la dieta Mediterrània.

Question Dadolescents

Lingjun Ying



Question Dadolescents:

Reviewing **Question Dadolescents**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Question Dadolescents**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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