

WATERMELON SLUSH

Watermelon slush is a recipe that everyone loves, but more if it is home. It is delicious!

It is a very fresh and natural dessert, and specially in Summer everybody try it, nobody can resist to this delicacy.

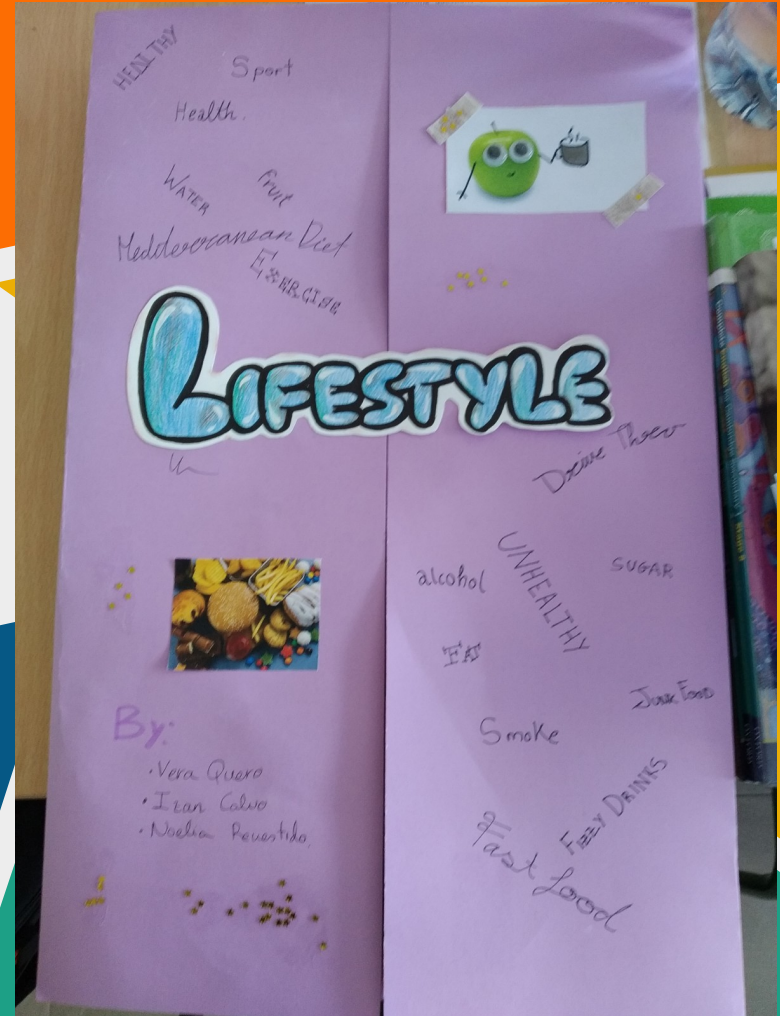
It is very healthy because it contains many nutrients and vitamins for our body



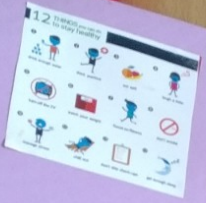
You can prepare it at home, because it is very easy and the ingredients too. But also you can buy it in some supermarkets.

It is very easy to prepare since we only need 3 ingredients: watermelon, ice and sugar

Many people like this recipe adding mint or lime, because it gives a very good and different flavour, and it is cooler



SPRING
BREAKFAST



SLEEP

Healthy Habits

DO SPORT



Drinking Water



HEALTHY



FOOD PYRAMID

UNHEALTHY

Skipping breakfast

Eating too much fast food

Spending too much time playing video games



Unhealthy Habits



Drinking sugary drinks in a compulsive way

Feeling Stressed



MCDONALD'S VSS BURGER KING

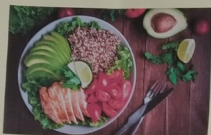


Fats And Calories

Snacking even when you're full

Being a Couch Potato

HEALTHY LIFESTYLE



EAT A VARIETY OF FOODS



REDUCE SALT AND SUGAR



HAVE 5 MEALS EVERYDAY



DRINK PLENTY OF FLUIDS



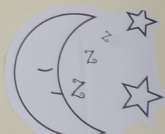
MAINTAIN A HEALTHY BODY WEIGHT



PRACTICE SPORT DAILY



DON'T GET STRESSED EASILY



SLEEP AT LEAST 8 H EVERYNIGHT

YOU ARE WHAT YOU EAT!

HEALTHY EATING HABITS

To keep us healthy and strong, it is very important to have a proper diet. It is not only important the amount of food we eat, also its type. That is why it is necessary to know what does each food give us, to know how to choose a dish or a healthier menu.

HEALTHY EATING HABITS

- 1) Fix a hourly for your five meals
- 2) Chew food slowly
- 3) Eat fruits and vegetables at least five times a day
- 4) Consume low-fat dairy products
- 5) Choose products with healthy fats such as olive oil or those that are rich in antioxidants
- 6) Eat fish
- 7) Eat meats with low fat intake
- 8) Drink lots of water
- 9) Practice exercise

