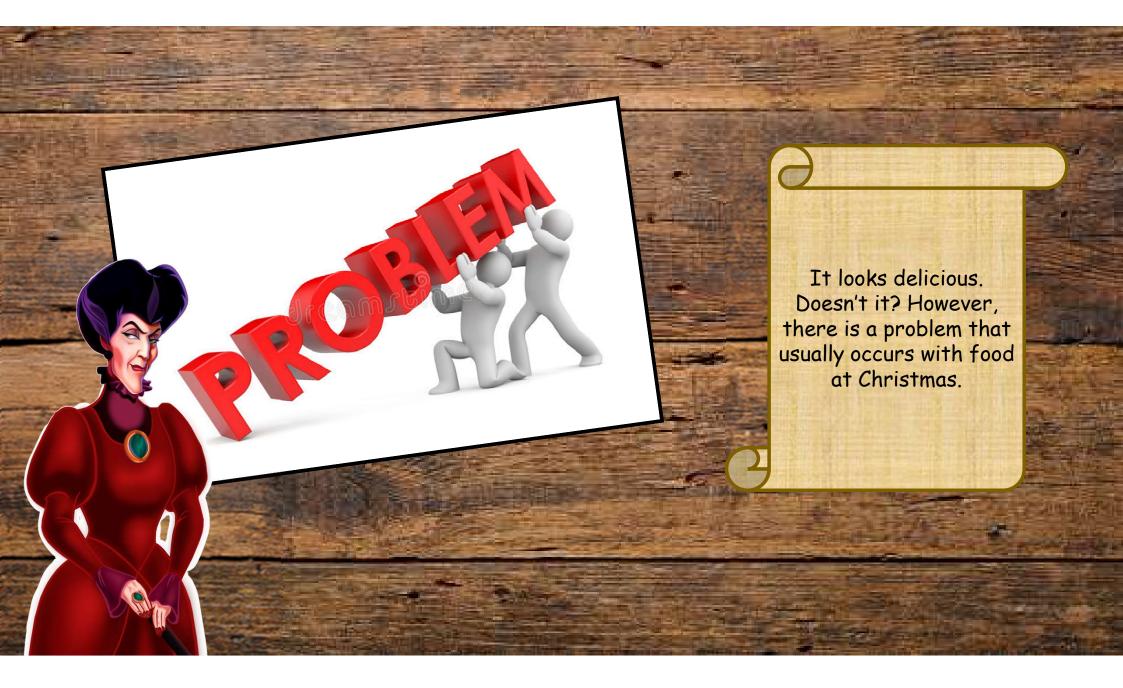
# CHRISTMAS IS HERE





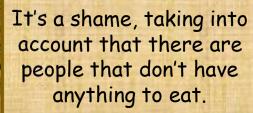
In Spain some of the typical things that we eat are turrones, polvorones and Roscón de Reyes.



# STOP

Many of the things that we eat at Christmas contains sugar and fats. That is not healthy. We should control what we eat.





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For this reason, we have prepared a song about the importance of eating healthy this Christmas and not wasting food. We hope you like it.

Please eat more healthy! That is my advice. Please eat more healthy! And do some exercise.

If you eat fruits and veggies everyday, you'll have vitamins and that is great! Eat healthy food!



And we haven't finished yet you see, there's another problem here. Many of the food ends in the bin and my head begins to spin.

If there are people with not to eat, why do we throw the food? Leave it for later, serve small portions and reinvent the dish.

Ooooh come on please! Help me with this! We can change the world and the hanger stops if youuuu contribute!



Finally, we want to share with you some of the creative meals we have prepared using just healthy ingredients.

# NADIA (Snowmen)

and the second

# AINARA (Palm trees)

# AINHOA (Cow)

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## ALEJANDRA (CRAB)

### HYO-REE (Ladybird and mouse)

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### HUGO (Birds and ladybird)

### ALEJANDRA (The Little prince)

