



CHRISTMAS
IS HERE



And one of the things people like about this time of the year is eating together with the family and friends.





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



It looks delicious.
Doesn't it? However,
there is a problem that
usually occurs with food
at Christmas.



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





Apart from that, people serve too many things in their plates. Then, they don't feel hungry anymore and that food ends in the bin.





It's a shame, taking into account that there are people that don't have anything to eat.



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)





AINARA (Palm trees)



AINHOA (Cow)



ALEJANDRA
(CRAB)





HYO-REE (Ladybird and mouse)



AARÓN
(Hedgehog)





HUGO (Birds and
ladybird)



ALEJANDRA (The
Little prince)



**NOW
YOU!**

Why don't you do
the same this
Christmas? It's
fun!