

HEALTHY MIND, HEALTHY LEARNERS

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-We must be clear that we must reduce the serving but e have topay attention to the quality of what we eat
-Not all healthy food is vegetables, there are also healthy snacks

- -You need to eat 5 times
- -Your diet has to be balanced-You have to be well hydrated by
- -You have to be well hydrated by drinking the necessary amount according to your weight



Experts say you should do 30 to 60 minutes for three to five days a week

Individual or group sport? The opinion of an athlete.

Ferran, plays for a soccer club called Cornellà. He prefers to exercise with other people although he thinks that sometimes it's difficult due to the schedules of each one. Although, when you do sports you interact and that makes the activity more fun, don't you think?



How many hours do you have to sleep?

Younger adults (18 to 25): between 7–9 hours a day, and not less than 6 and not more than 10–11. Adults (26–64): the ideal would be to sleep between 7 and 9 hours, although this is not always achieved. Older adults (65 years old): it is healthy to rest between 7–8 hours a day.



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