**HOMEWORK 8**

**Nombre y apellido**

**Sección**

**Completa el cuadro**

|  |  |
| --- | --- |
| **Food groups** | **Examples** |
| **Meats** |  |
|  | **Chicken, duck, turkey** |
| **Vegetables** |  |
|  | **Apple, bananas, watermelon** |
| **Grains** |  |
|  | **Milk, cheese, Yougurt** |
| **Junk food** |  |

**Cita los diferentes componentes**

1. **Diabetes diet**
2. **Dislipidemia diet**
3. **Hypertension diet**
4. **Renal patient’s diet**
5. **Different conditions that need special diet**

**Respuesta corta**

1. **What is a nutritionist?**
2. **What should a healthy diet include**
3. **What is the BMI? What is it for?**
4. **What are the components of the metabolic syndrome?**