

## What should we do to eat healthier?



Now that we have played the modal verbs' loop game, **here you have some tips to eat healthier:**



### 18 Tips to eat healthier:

1. You **shouldn't** only eat meat. You **should** also eat fish.
2. You **mustn't** eat too many sweets every day.
3. You **should** eat at least two pieces of<sup>1</sup> fruit every day.
4. You **shouldn't** drink sugary drinks. You **should** prefer water.
5. You **shouldn't** eat sandwiches. You **should** eat a plate of<sup>2</sup> meat or fish.
6. You **must** drink milk. It is very good for your bones.
7. You **mustn't** eat too many hamburgers because they have too much fat.
8. You **should** eat cereals. They are a good option for breakfast.
9. You **mustn't** eat pizza for breakfast. You should eat cereals with milk.
10. You **should** eat eggs. They are a good source<sup>3</sup> of Omega 3s.
11. You **mustn't** eat too many hot dogs every day.
12. You **should** eat bread. It is a great snack<sup>4</sup> in the afternoon with cheese and ham.
13. You **must** eat pasta and rice because they are part of a healthy diet.
14. You **must** eat vegetables. You **should** eat at least<sup>5</sup> five portions<sup>6</sup> of fruit and vegetables every day.
15. You **must** drink at least 8 glasses<sup>7</sup> of water every day.
16. You **mustn't** eat French fries every day. They have too much fat and salt.
17. You **should** eat at least 2 portions of fish every week.
18. You **mustn't** eat an entire cheese every day. You **should** only eat a few slices<sup>8</sup>.

#### Vocabulary:



<sup>1</sup> **pieces of** – peças de

<sup>2</sup> **a plate of** – um prato de

<sup>3</sup> **source** – fonte

<sup>4</sup> **snack** – lanche, merenda

<sup>5</sup> **at least** – pelo menos

<sup>6</sup> **portions** – porções

<sup>7</sup> **glasses** – copos

<sup>8</sup> **slices** – fatias