

The balance of good health

Experience: Bringing fruit to school and realising the importance of including it into our diet and avoiding the loss of our Mediterranean diet.

Level: 3º ESO

Eat plenty of fruit. At least 5 servings a day.

Dialogue 1

Let's share the fruit we have brought. Have you got a knife?

Yes, what for?

To cut this apple. Can I have a slice, please?

Yes, serve yourself.

Thank you.

Not at all.

Can I wash my hands?

Perhaps later.

Dialogue 2

Can I taste the mandarin? Can I have a segment?

Of course. Go ahead!

Mmmm...It is delicious, but I prefer the pear.

I advise you to have fruit instead of custard. It is healthier.

Dialogue 3

Did you remember to wash the grapes?

Yes, I did.

Can I have some, please?

Yes, in my opinion, they are the best. Can I have a tissue? My fingers are sticky.

Dialogue 4

Did you know that fruit and vegetables contain vitamins and fibre?

Yes, I know.

Did you bring any kiwis?

No, I did not.

You should have brought some. If you are constipated you can have one in the morning before school.

Has anybody brought any dried fruit like almonds for example?

No, we have not. We have forgotten.

In Spain a lot of people have an orange juice. Did you know that?

An apple a day keeps the doctor away.

I know, I know. "Uvas y queso saben a besos."