

Actividad

3

Una receta mejor

Find an unhealthy recipe. It could be a recipe for a dish in the school cafeteria, in a cookbook or one that a relative makes. Write the recipe as it is now. Then suggest a new, healthier version of the recipe. Write the new version and then explain specifically (in Spanish) how the changes to the recipe are beneficial to your health. Your explanation must be at least six sentences long.

For help, see page 100 of this chapter.

Receta vieja

Receta nueva