

# SPORTS



# DRINK A LOT OF LIQUID

- Sportmen have to drink a lot of liquid because is very important to do sport



# Pirámide Alimenticia Maternal

## FOOD IS IMPORTANT TOO, FOR EXAMPLE:

Grasas, Aceites, y Dulces  
pequeñas cantidades

- Vegetables

Leche, Yogur  
y Queso  
3 porciones

- Fruit

Vegetales  
3-4 porciones

- Pasta

- Meat

- Fish

Carne, Aves, Pescado  
Habichuelas Secas, Huevos  
y Frutos Secos  
2-3 porciones  
3-4 porciones si  
está amamantando

Fruta  
2-3 porciones

Pan, Cereales,  
Arroz, y  
Macarrones  
6-9  
porciones

FUENTE: Dept. de Salud y Servicios Humanos EE.UU.

# EVERY COUNTRY HAS A TIPICAL SPORT:

- USA: Baseball
- ENGLAND: Hours  
Hockey
- TURKEY: Camel  
fight
- FINLAND: Rally  
champion
- CHINA: Ping-pong



# BASQUE COUNTRY SPORTS



- Pulling the stone
- Cutting the wood
- Hand ball
- Jai - Alai

# VITAMINES

- Vitamins are essential in sport.
- Sportmen have to take vitamins.



# TRAINING

- In a sportmans live training is very important.
- In a sportman live it is very important to train one hour a day



# RISK IN SPORT



Doping is one of the sports risks.

Gettin hurt is also a risk for sportpeople.