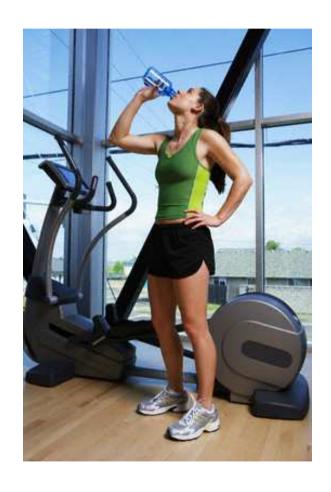
SPORTS



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

y Queso HTUIT



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

Pasta
Vegetales
3-4 porciones

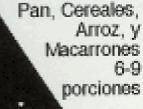






Fruta 2-3 porciones

• Fish



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 esential in sport.
- Sportmen have to take vitamines.



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.