

Reading Plan

HOW TO BE A STRONG
AND HEALTHY CHILD



Hello guys, I'm James Rodríguez and today I'm going to tell you what is the best food to eat to become a great soccer player like me.





First Advice



You have to start the morning with a good breakfast, scramble eggs, fruits, and a smoothie.

Second Advice



It is a good idea to do exercise for one hour, you can go jogging, crouching or jumping rope.



Third Advice



you can eat a little snack and practice the sport that you like the most, such as soccer, basketball, cycling, volleyball or whatever you want

Fourth Advice



To become an excellent athlete, it is super important to have a healthy lunch with soup, remember that big children always drink their soup.





Fifth Advice



You can eat a little rice with green banana, potato or cassava. Of course, you have to eat a portion of grains like beans, lentils, peas or chickpeas.

Sixth Advice



You can also eat a piece of meat, beef, pork, chicken or fish are cool. And never forget to eat vegetables, salads are delicious and give you vitamins to be healthy.





Seventh Advice



In the afternoon, you should do your homework and the obligations you have at home, this is a good way to learn discipline. All the athletes need to be very disciplined.

Eighth Advice



At the end of the day, for dinner you can have something light, try not to eat too much at night because it causes stomach ache and nightmares.

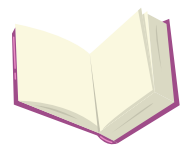




Ninth Advice



Lastly, it is really important to go to bed early and sleep at least eight hours.



Thank You

See you next time to learn new things