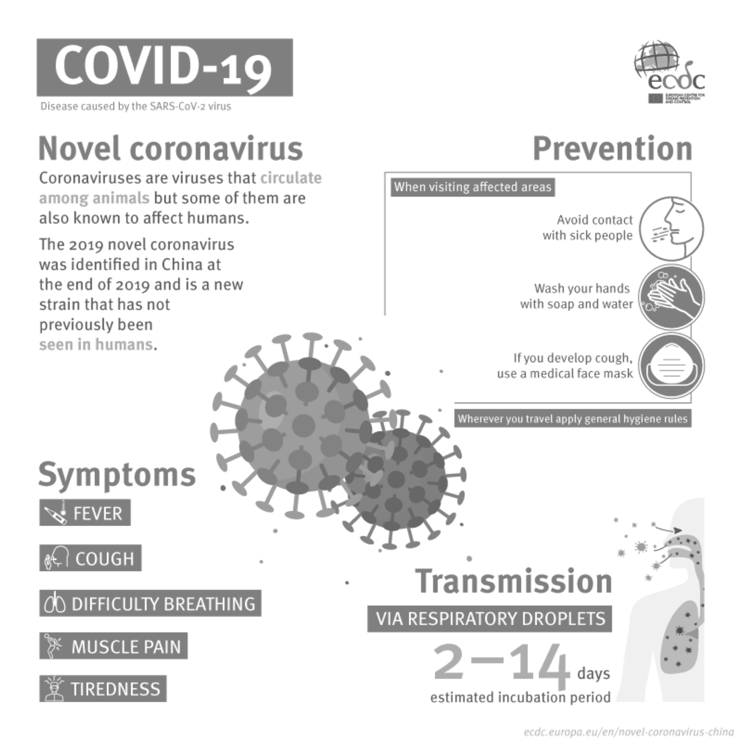
**Nombre: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEDIACIÓN. Write a summary of this infographic using your own words with a maximum of 80 words. Explain the key ideas expressed in it.**



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| **According to the information shown in the infographic,** we have to distinguish between real food and ultra-processed food. The first one is the food which isn’t composed of more than five ingredients and doesn’t have refined ingredients.  On the other hand, ultra-processed food presents a composition of more than 5 ingredients, refined flour or sugar and some more. Examples of real food could be fruit, vegetables, meat or fish opposed to the ultra-processed sauces, biscuits or pastry.  **(76 words – there is no personal opinion – try not to copy the exact words**  **of the infographic, if possible)** |

**MEDIACIÓN. Write a summary of this infographic using your own words with a maximum of 80 words. Explain the key ideas expressed in it.**



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