

A top-down view of a breakfast spread on a white tablecloth with a strawberry and leaf pattern. The spread includes a wooden cutting board with three avocado toast topped with sunny-side-up eggs, a bowl of strawberries, a bowl of waffles topped with strawberries and blueberries, a bowl of yogurt with blueberries, a bowl of coffee, a bowl of orange juice, and a small wooden tray with two small bowls of jam and a knife.

Avui us expliquem els 4 grups d'aliments que heu d'introduir en la vostra quarentena cada dia perquè estigueu sans/es com roures!

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