



1st Grade 2nd Grade 3rd Grade 4th Grade 5th Grade 6th Grade 7th Grade 8th Grade

### AYUNO INTERMITENTE PARA ADULTOS MAYORES

<b>EDAD: 35-40</b> 9 am: Avena con bayas y nueces 1 pm: Ensalada de vegetales mixtos con aguacate 6 pm: Espárragos al vapor, acompañados de quinoa 7 pm: Iniciar ayuno	<b>EDAD: 40-45</b> 9 am: Yogur griego con bayas y frutos 2 pm: Acompañamiento de calabaza asada 6 pm: Camarones a la parrilla con brócoli al vapor 7 pm: Iniciar ayuno	<b>EDAD: 45-50</b> 9 am: Tofu a la parrilla con ensalada de vegetales mixtos 2 pm: Banana con mantequilla de miel 6 pm: Judías verdes al vapor, acompañadas de arroz integral 7 pm: Iniciar ayuno
<b>EDAD: 50-55</b> 9 am: Huevos revueltos con espinacas y queso feta 1 pm: Camarones a la parrilla con zanahorias asadas 5 pm: Espárragos al vapor, acompañados de quinoa 7 pm: Iniciar ayuno	<b>EDAD: 55-60</b> 9 am: Avena con bayas y nueces 1 pm: Ensalada de vegetales mixtos con aguacate 6 pm: Espárragos al vapor, acompañados de quinoa 7 pm: Iniciar ayuno	<b>EDAD: 60-65</b> 9 am: Yogur griego con bayas y frutos 2 pm: Acompañamiento de calabaza asada 6 pm: Camarones a la parrilla con brócoli al vapor 7 pm: Iniciar ayuno
<b>EDAD: 65-70</b> 9 am: Tofu a la parrilla con ensalada de vegetales mixtos 3 pm: Banana con mantequilla de miel 6 pm: Judías verdes al vapor, acompañadas de arroz integral 7 pm: Iniciar ayuno	<b>EDAD: 70+</b> 9 am: Huevos revueltos con espinacas y queso feta 1 pm: Camarones a la parrilla con zanahorias asadas 5 pm: Espárragos al vapor, acompañados de quinoa 7 pm: Iniciar ayuno	

Definition of human noun from the Oxford Advanced Learner's Dictionary

# human noun

A2 OPAL S

/ˈhju:mən/

/ˈhju:mən/

(also human being)

★ a person rather than an animal or a machine

- Dogs can hear much better than humans.
- That is no way to treat another human being.
- the colonization of Europe by modern humans

+ Extra Examples

+ Word Origin

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Check pronunciation: human

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All matches

- human adjective
- non-human adjective
- human error noun
- human right noun
- human capital noun
- human nature noun
- human shield noun
- human geography noun

See more

+ Idioms

### Nearby words

- hum noun
- human adjective
- human noun
- human capital noun
- Human Development Index noun

4 November 2023

## elapse

verb



From the topic

TIME

C2

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<b>45-55</b> 3x6 STANDING ROLL-DOWN 2x15 DYNAMIC CORE PLANK SERIES 2x20 THIGH STRETCH 3x10 KNEELING SIDE KICK	<b>55-60</b> 2x10 SIDE LEG SERIES 2x15 ROLL-UP 2x22 HUNDRED 3x12 KNEELING SIDE KICK
<b>60-65</b> 2x10 STANDING ROLL-DOWN 3x14 SIDE LEG SERIES 3x20 DOUBLE-LEG STRETCH 4x10 THIGH STRETCH	<b>65+</b> 2x10 DYNAMIC CORE PLANK SERIES 3x6 SCISSORS 2x16 SWAN 3x10 DOUBLE-LEG STRETCH



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