



COMUNE DI PRALI

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TRACCE INGLESE ESTRATTE

Look at your diet and what you're eating now and make changes where you see fit. If you are susceptible to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, take out white bread and replace with whole grains and make sure each meal contains at least one portion of fruit and – or vegetables.

The website for Jade's Hostel tells you that it's family-friendly, but it isn't! It's full of young backpackers, who are very loud. My two children need to go to bed early but the backpackers were talking and laughing all night. We couldn't sleep at all for a whole week because of the noise and the horrible old beds.