

PROPER NUTRITION

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MAIN POINTS:

- ❑ What is proper nutrition ?
- ❑ Main principles of proper nutrition
- ❑ How to eat right and inexpensive



HEALTHY NUTRITION IS

Nutrition that ensures the growth, normal development and vital activity of a person, contributing to the improvement of his health and prevention of diseases.



PRINCIPLES OF PROPER NUTRITION

The main principle of healthy eating is balance.

- ❑ eat when he began to experience hunger;
- ❑ eat in small pieces;
- ❑ eat at rest;
- ❑ eat sitting;
- ❑ eat freshly cooked food;
- ❑ don't eat harmful product;
- ❑ eat natural food



HOW TO EAT RIGHT AND INEXPENSIVE

- ❑ First of all, plan your menu for the day;
- ❑ Secondly, don't be afraid to buy frozen berries and vegetables;
- ❑ Thirdly, replace products with cheap ones



PROPER NUTRITION IS A GUARANTEE OF HEALTH

Follow the basic principles of proper nutrition and proper nutrition is inexpensive and accessible to all.





Thank you for attention!