

**HEALTHY
FOOD**



WHY IS IT IMPORTANT TO EAT HEALTHY FOODS?

Our health depends on our eating. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.



Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake.

Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in the diet.

A balanced diet should become a way of life. You should refuse to give up snacks and fast food.



It is very appropriate to say Socrates:
**"WE DO NOT LIVE IN ORDER TO
EAT, BUT EAT IN ORDER TO LIVE."**

live in order to eat



eat in order to live



FALLACY

- Healthy food does not taste good
- Long cooking time
- Harsh routine



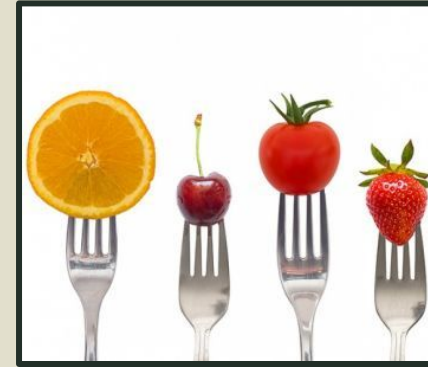
ARGUMENTS AGAINST FAST FOOD

- ✗ fast food leads to obesity
- ✗ fast food is the cause of disease
- ✗ there are too many artificial ingredients in fast food
- ✗ fast food contains too much salt
- ✗ fast food contains too much cholesterol
- ✗ fast food contains too much fat



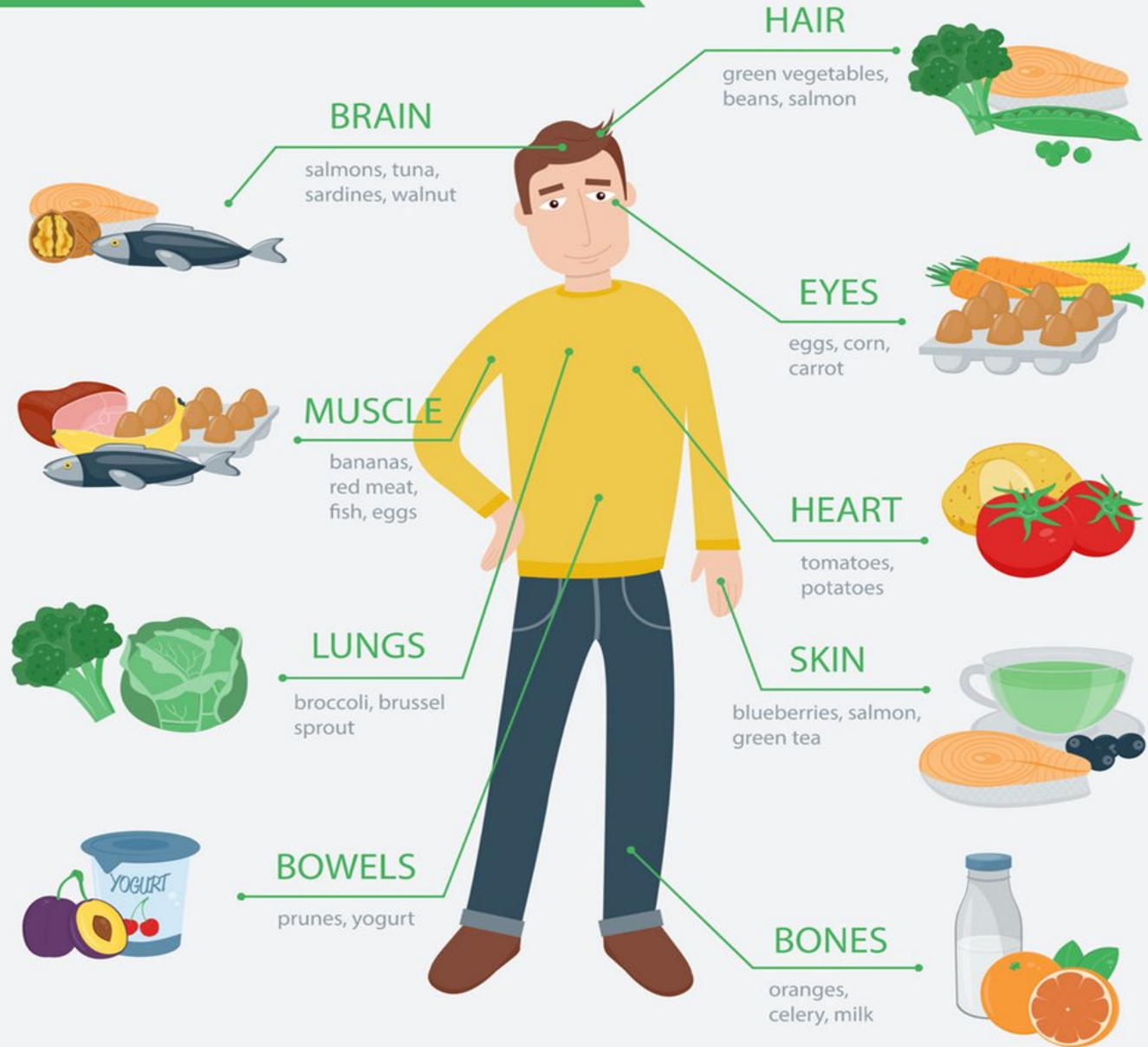
ARGUMENTS FOR HEALTHY EATING

- ➔ Happiness
- ➔ Improves brain activity
- ➔ Healthy sleep
- ➔ No stress
- ➔ Immunity is activated
- ➔ Long life
- ➔ Healthy skin condition





PRODUCTS USEFUL FOR THE BODY



HEALTHY FOOD



FAST FOOD

