

# *Healthy food.*



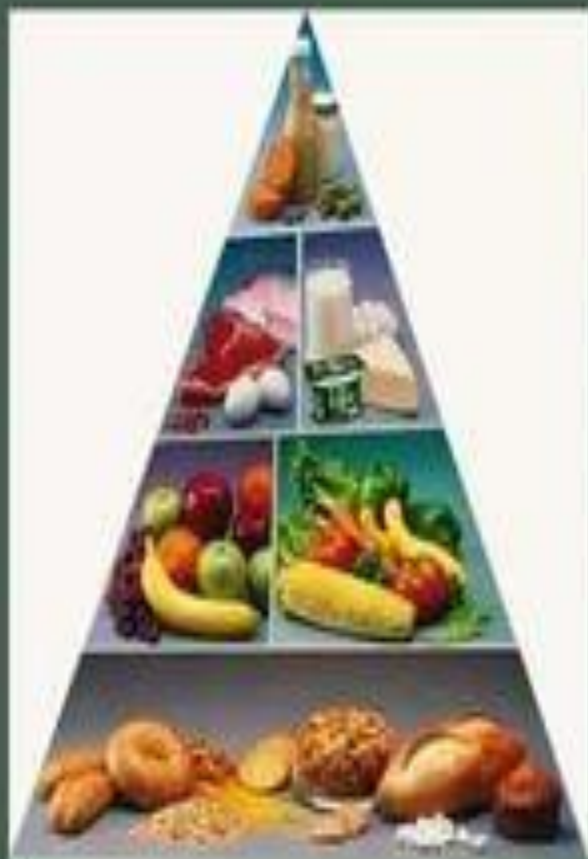
**More and more people feel strongly about the way; their food is produced. Nowadays so much of the basic food we eat-meat, fish, fruit and vegetables - is grown using chemicals.**



- Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins and proteins.



# Food pyramid



- The most healthy food
- meat
- fish
- milk products
- eggs
- fruits
- vegetables
- pastry

# DIET

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□ To be healthy and strong, you need many different foods. Healthy food and plenty of fluids supply the body with the energy needed for growth and development. There are useful in the same time. The food eaten without the hustle and bustle, well chewed, easily digested and absorbed by the body. There are better 3-4 times a day at intervals of 4-4.5 hours.



*Healthy food*



*Unhealthy food*



**It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person.**

# HEALTHY FOOD





THANK

YOU

