



## **The healthy food.**

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8 «A» class.

# *The healthy food is important.*







# *The first rules of a healthy food.*



**FAST FOOD = FAST DEATH**



# The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods containing fat  
Foods containing sugar

Milk and dairy foods



A diet is not good!



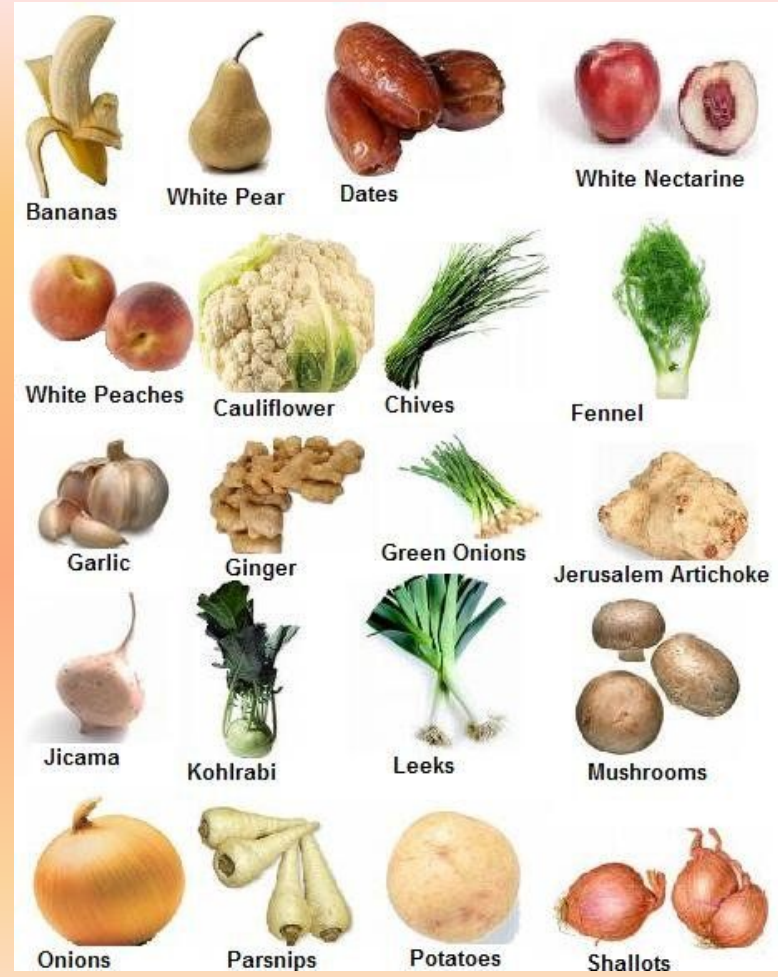
# *The health is very important.*

health





# Vitamins



# Vitamin A

- Vitamin A improves sight and promotes growth of bones and development of teeth. Vitamin A sources in fruit: apricot, avocado, blackberry, melon, kiwi, peas, and etc.





# ***Vitamin B***

- Vitamin B regulates an exchange of amino acids and carbohydrates. Also it is necessary for healthy functioning of heart, nervous system and muscles.



# *Vitamin C*

- Vitamin C works as antioxidant and helps to protect cells of a body. Vitamin C sources in fruit: apples, bananas, blackberry, kiwi and etc.

