



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

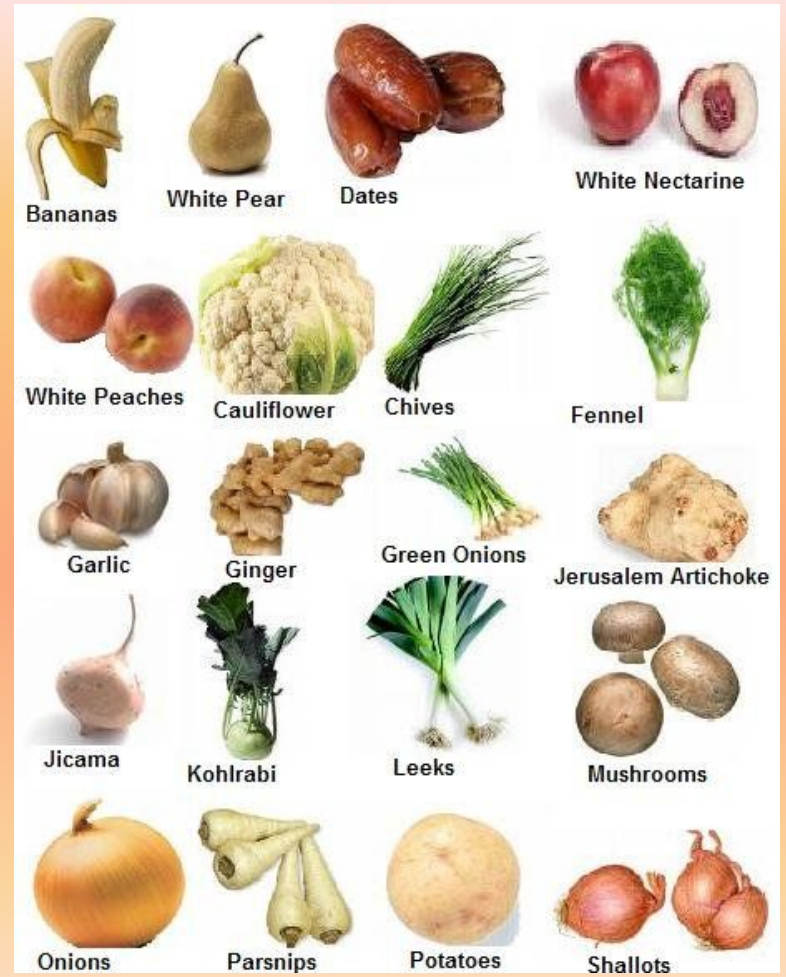
A diet is not good!



The health is very important.



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.

