

**You are what you eat**

**Презентацию выполнил Цырукин Влад**

There are many products that can help the body, as well as many that destroy it. It can be dangerous to overuse some products.



## Junk Food



If you eat junk food very often, then problems such as overweight, deterioration in health may arise. People usually eat this food because of its taste. Such products are chips, burgers, etc.

# Healthy Food

There are also foods that can help the body, such as vegetables, fruits. They fill the body with vitamins and promote health. They can be really good for your body. Such products are apples, tomatoes, etc.



## Conclusion



It is better not to eat a lot of unhealthy food, it can harm your body. If you want to be healthy, then consume food within normal limits and do not forget to exercise.

**Thank you for your attention**