

South Kazakhstan State Pharmaceutical Academy

Foreign Languages Department

SIW

Theme: Diet and Health. Raw Food Diet

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Introduction

In recent years it has become fashionable to maintain a healthy lifestyle. How to engage in physical activity and diet how each person chooses for himself. Most of the raw food diet and way of life for only a short time would not have power for a certain period.

Angelina Jolie diet





The main section

Raw food diet - the heat treatment of non-food products consumed food: boiled , fried , etc. Vegetarianism is an extreme form of many of these products are the only raw fruits and vegetables, and as a result, raw food diet as the right to make the final. In fact, far from it. diet, as well as acceptable salt bacon, raw and salted fish, eggs and milk, as well as their raw animal products may contain.



Proponents of the raw food diet products after the heat treatment of "dead food" loses all its power in vain body is a mess, I do not even believe that it is poisoned. Raw, unprocessed food retains all the vitamins, positive impact on the health of the physical body and the life span is filled with life-giving energy.

In the transition to raw food, like any other type of food, it is important to keep gradually. a sharp transition can be a lot of harm to the health and psychological problems. At the initial stage of the flour and confectionery products, and gradually reduce the raw food diet diet dishes prepared in accordance with the usual rules need to be replaced. Switch to a raw food diet for a long time, do not use the meat, those who give less discomfort and shorter period of time than those who still have life. 100% raw food diet can take a year of transition.



With the exception of a set of suitable products, raw materials, food, and should observe a few simple rules. First of all, good for the absorption of food must be chewed. it affects the digestion of water before and after meals can not be drunk after half an hour ago. As for the water, you should be sure to keep it clean. Trade or use mineral water to drink. Second, the product should be at room temperature. (Such as salads) are not subject to long-term storage of cooked food. Third, fruits and nuts can be consumed for at least one hour before a meal.

Diet normally but with some reservations, you agree to this type of food. For example, a raw food diet is not recommended to move up to thirty years, as well as thermally processed foods should not refuse. The ratio between the raw and processed food, respectively, 60% and 40% is the best option.



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Conclusion

Reported them to digest, human health for a happy life circumstances and should be under control by the working. Should give great importance to the food meal prepared and eaten raw. Healty lifestyle live richly!

Literature

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**Thank you very much
for your attention!!**