

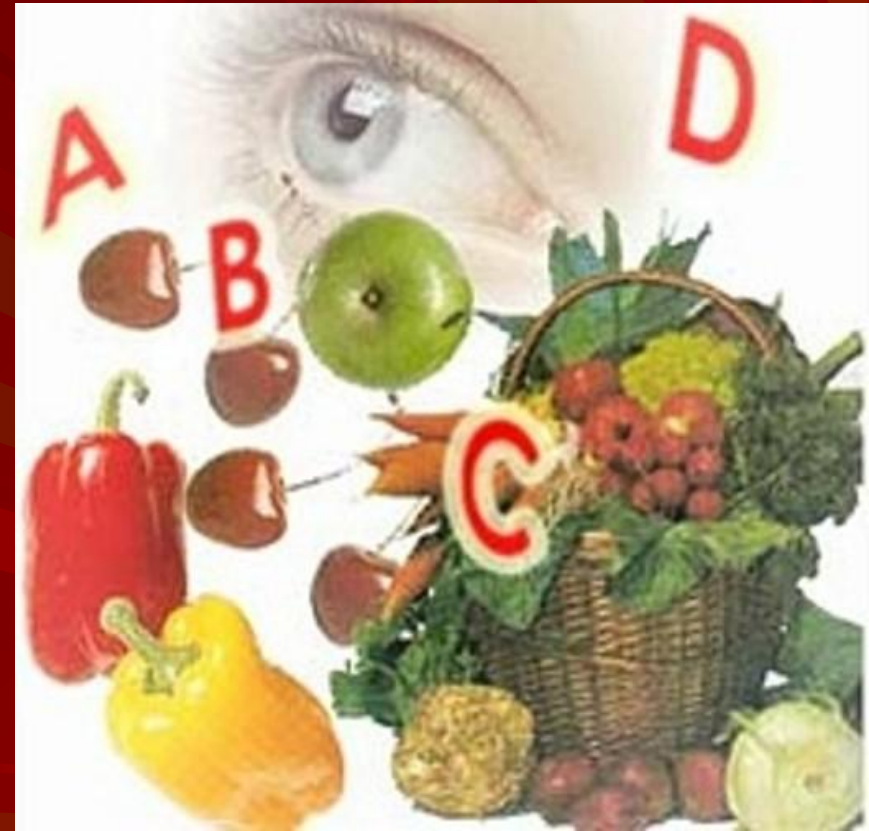


# Balanced diet



Nesterkina Irina  
6A class

- Protein, fat, vitamins, minerals and water
- Your body needs all of these, but what are they?



- You must eat healthy foods such as meat, fish, soups, milk, cheese, eggs and some other.





# Milk products



- Milk and cheese have a lot of nutrients. If we drink milk and eat cheese every day, we will be strong and hardy.



# Soups and cereal

- Many kids don't like soup and cereal , but they are very healthy. Often eat these foods and your body say: «Thank you for that!»



THANK  
YOU!

- Always remember to drink lots of water. Water is really important for you.



- Also remember – hearty Breakfast is a good start of the day.



- Your lunch should be a part of your balanced daily diet. Lunch is an important meal.





- Every day eat a lot of vegetables and fruits. It will benefit your body.



# Don't eat fast food too often!!!

- Fast food is very injurious to health. It hurts your body.



- There are lots of different 'ready to eat' foods that you can buy.



- So you have a bigger choice of 'fast foods' including Chinese, Asian, Greek, vegetarian, Italian and many other kinds of foods.



in  
China



in  
Greece

in

- Eating a balanced diet and exercising every day will help your body to stay healthy.



- I've provided this information to help you to understand important things about staying healthy and happy.





**Thanks for attention!**

