

**Useful and healthy food**

# Vitamins

Vitamins- any of a group of natural substances which are necessary in small amounts for the growth and good health of the body.



ВИТАМИН B1



ВИТАМИН B2



ВИТАМИН B5



ВИТАМИН P



ВИТАМИН A



ВИТАМИН C



ВИТАМИН D



ВИТАМИН E

# Minerals



железо Fe

bread



калий K

potatoes



кальций Ca

cheese



магний Mg

almonds



марганец Mn

greens



медь Cu

cucumber

# Protein

Protein- in one of the many substances found in food such as meat, cheese, fish or eggs, that is necessary for the body to grow and be strong.





# How best to cook!

steam



grill



# A healthy diet!

An example of a healthy diet for the day.



# Breakfast.

Useful sandwiches



cheese



porridge





# Lunch

salad



otvetin.ru

soup



meat





fish



# Dinner

salad



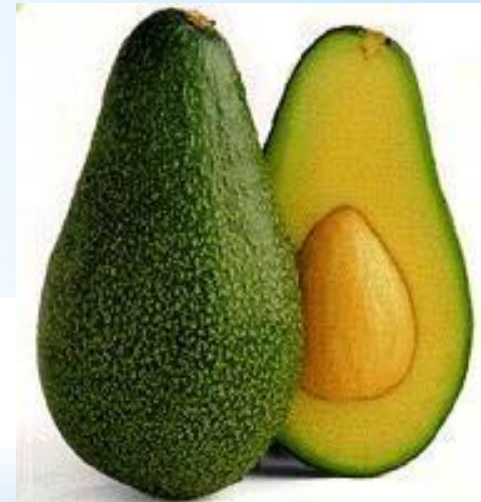
cheese

# Effect of food per person



# Effect on memory products such as..

- Carrots
- Avocado
- Anonas





# The effect on the concentration of the memory products such as..

- Nuts
- Onions





# The effect on the mind products such as..

- cabbage
- lemon
- blueberry



# The effect on mood products such as..

- Strawberry
- Banana
- Peppers



# We are what we eat!!!

