

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 В1



ВИТАМИН В2



ВИТАМИН В5



ВИТАМИН Р



ВИТАМИН А



ВИТАМИН С



ВИТАМИН D



ВИТАМИН Е

Minerals



bread



potatoes



cheese



almonds



greens



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



soup



meat



fish



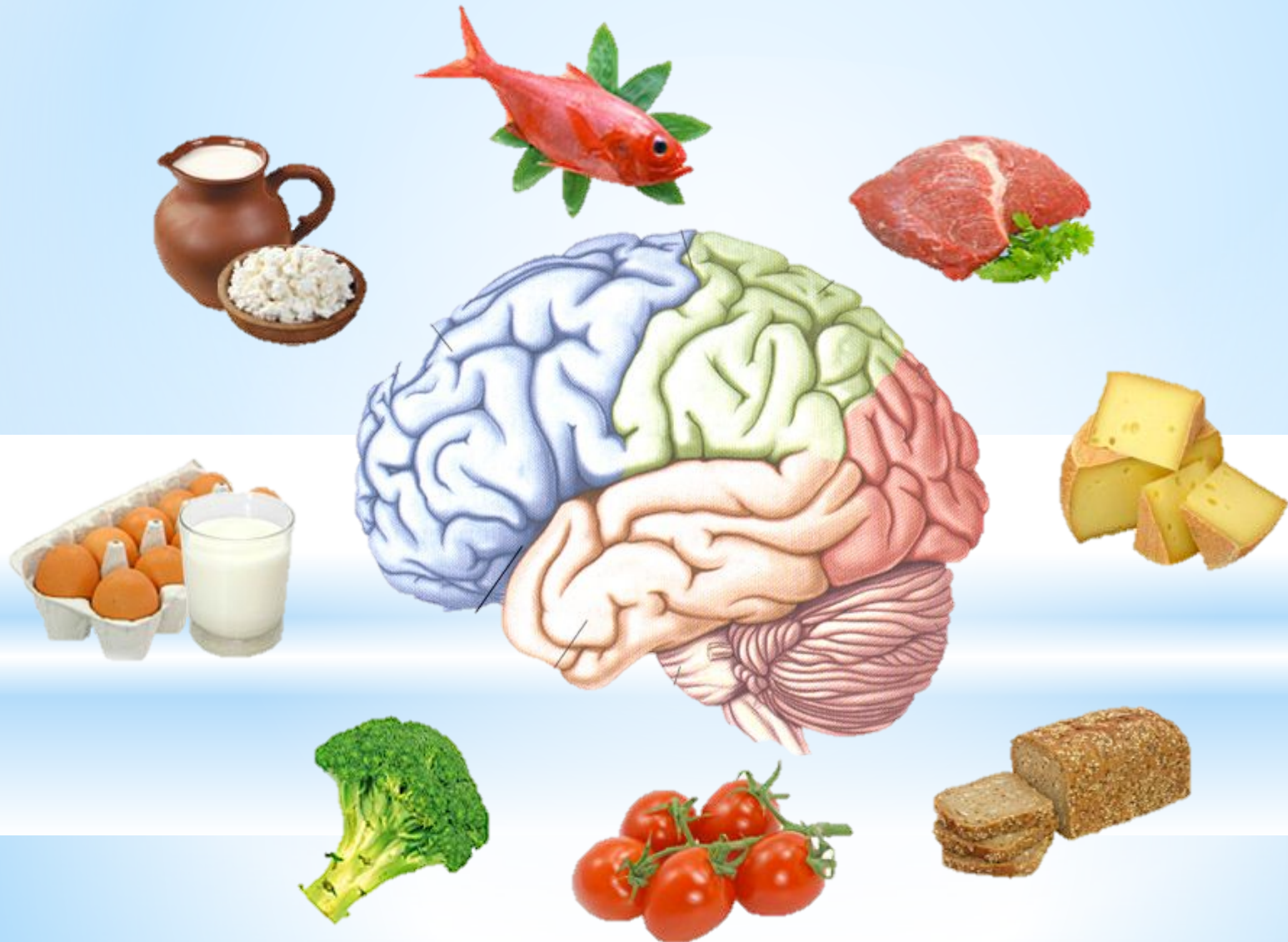
Dinner

salad



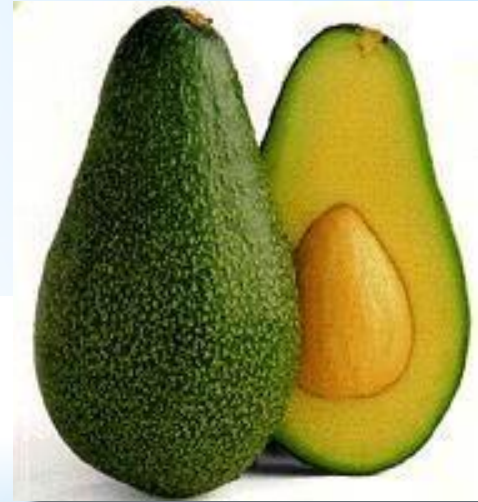
cheese

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



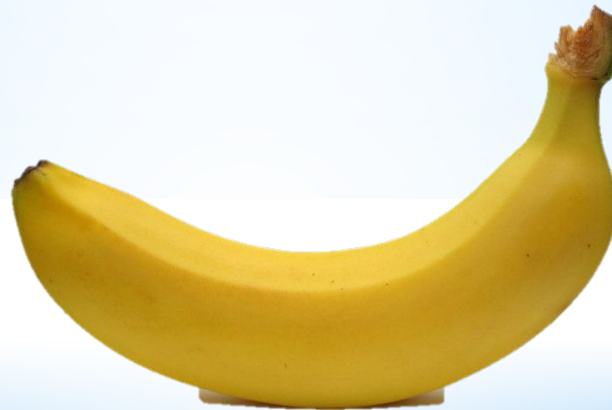
The effect on the mind products such as..

- cabbage
- lemon
- blueberry



The effect on mood products such as..

- Strawberry
- Banana
- Peppers



We are what we eat!!!

