

MEAL SIZE AND CONTENT



WHY DO WE NEED FOOD?

For body
growth and
development

To feel better



To strengthen and improve the
stamina of our body

To fight
illnesses



FOOD

01 FAT



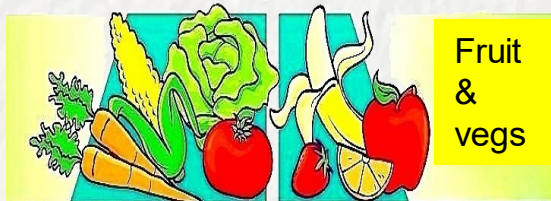
Fat, oil and
sugar

02 PROTEINS



Dairy and
proteins

03 VITAMINS & MINERALS



Fruit
&
vegs

04 CARBOHYDRATES



Carbs



01 FAT

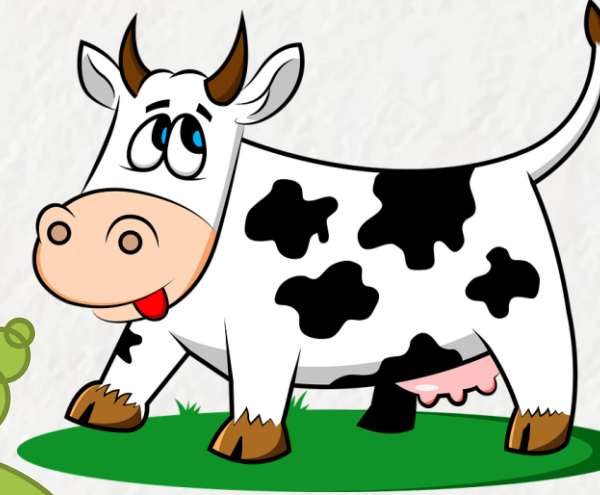
Fun fact: Our
brain
contains 80%
of fat.



02 PROTEINS

Food rich in proteins:

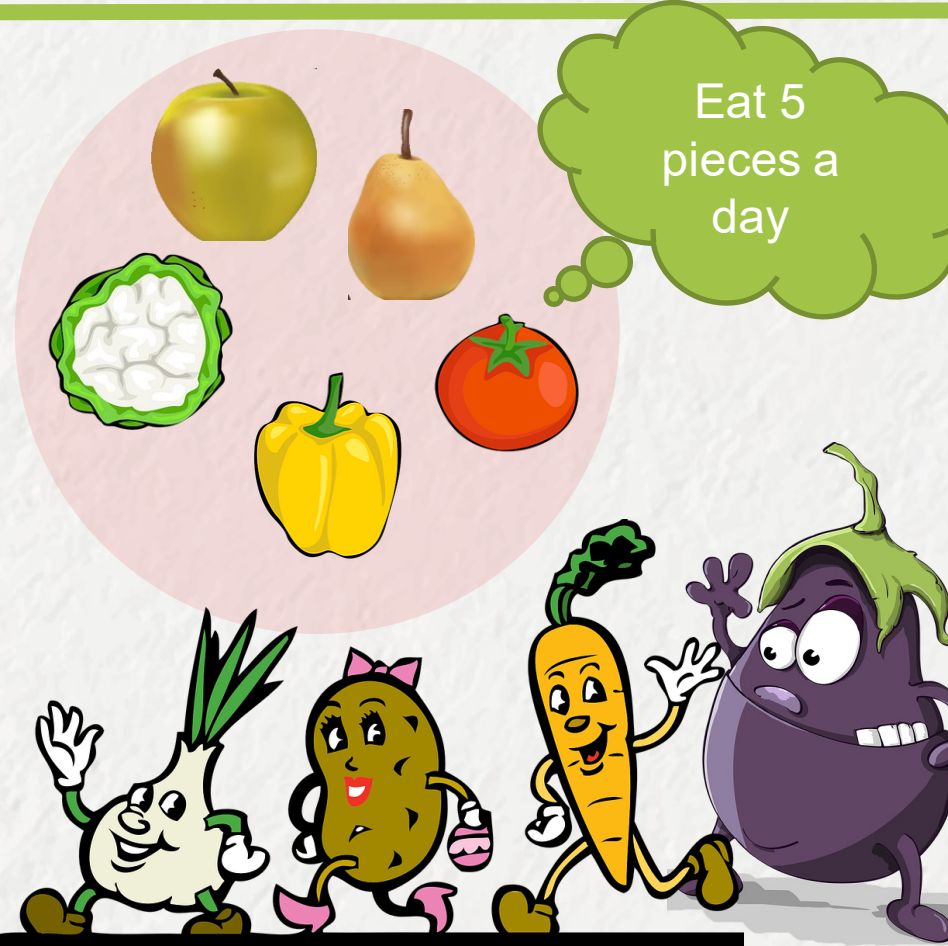
- milk and dairy
- meat
- eggs



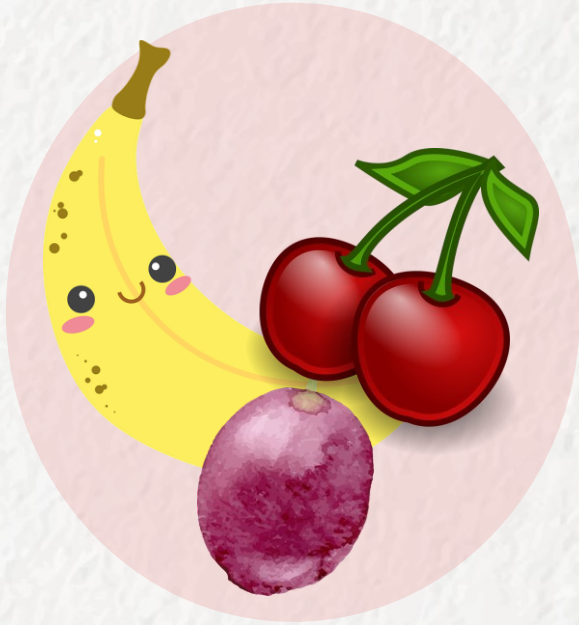
Fun fact: Some plants are rich in proteins, such as: peas, green beans or peanuts.

03 VITAMINS & MINERALS

Fruit and vegetables are the main natural sources of vitamins and minerals.

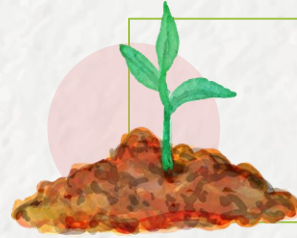


THANK YOU!



**GIVE A
FRIEND SOME
FRUIT!**

04 CARBOHYDRATES



Cereals are the largest source of carbohydrates.



These are all healthy food and are included in the diet of people around the world.



This food group includes wheat, corn, barley, rice, lentils, beans ...

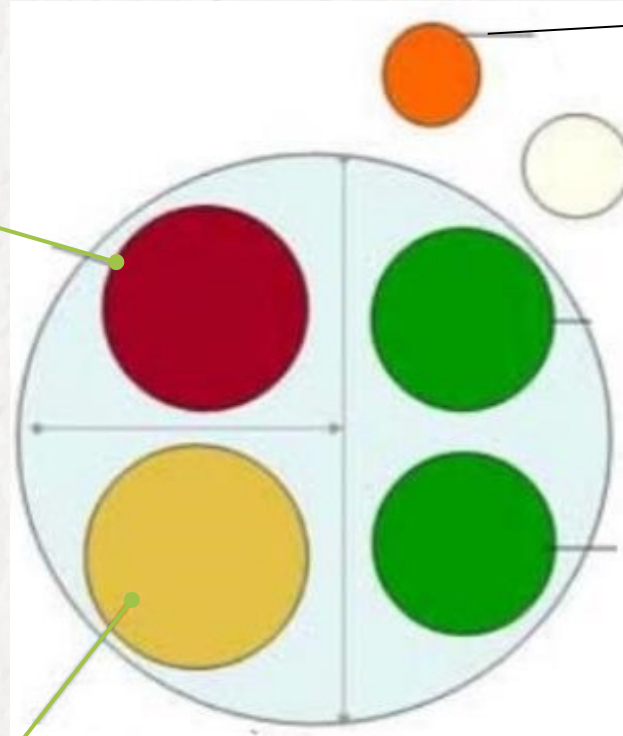


Rice is the main food in China and many other eastern countries

PLATE MODEL

PROTEINS

STARCH



FRUIT

MILK/YOGURT

VEGETABLES



NUTRITION RULES

**I only eat
when I feel
hungry**



**I take five
small meals
daily**



**I don't eat at
ANY time of
the day**



**Eat a variety of
meals
moderately**



NUTRITION RECOMMENDATION



**Drink 1.5 litres of
liquids daily**



**An apple a day
keeps the doctor
away**



**Eat fresh (raw)
fruits and veggies**

PROVERBS

- A hungry man is an angry man!
- Eat to live but do not live to eat!
- We never miss water until the well runs dry!
- Laughter is brightest in the place where the food is.
- Hunger is the best spice!



THANKS FOR LISTENING!

