

A high-speed, close-up photograph of a water splash, showing intricate details of the water droplets and ripples. The water is a deep blue color, and the background is a lighter, out-of-focus blue.

# LIQUID INTAKE

# What is good and what is bad for our diet

## YES

- Eat steamed and not fried food
- Eat fruit and vegetables
- **Drink a lot of water**
- Eat smaller portions, but more often
- Have at least 5 meals a day

## NO

- Eat a lot of fat, salty or chilly food
- Have a long pauses between meals
- Skipping of meals
- Eat a lot of candies
- Eat a lot of savouries





People can't survive  
without water

- Water is very important for our growth and development!







- If we don't drink enough of water, we can jeopardize our organism.

- Adult person needs to take 8 glasses or 2 liters of water a day, even if he doesn't feel thirsty.





- Water should be drunk between meals or, if necessary, after the meal, but not before or during the meal time!





# IMPORTANCE OF MILK

- Milk is rich in proteins and minerals, so it's very important for our development!





- Milk isn't that much rich in iron nor in vitamins C, D and K. Therefore, it should be combined with other types of food.



- If you do some sports, you should drink a lot of water after the training and physical activity.



# Bad for your health: JUICES

- They can cause:
- ✓ Obesity
- ✓ Bad health conditions
- ✓ Decrease of the focus
- ✓ Sleeping problems





# Natural juices

- ✓ Rich in vitamins
- ✓ Delicious
- ✓ Improve health







**TAKE A LOT OF LIQUIDS!**

THANK YOU FOR YOUR ATTENTION