



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.

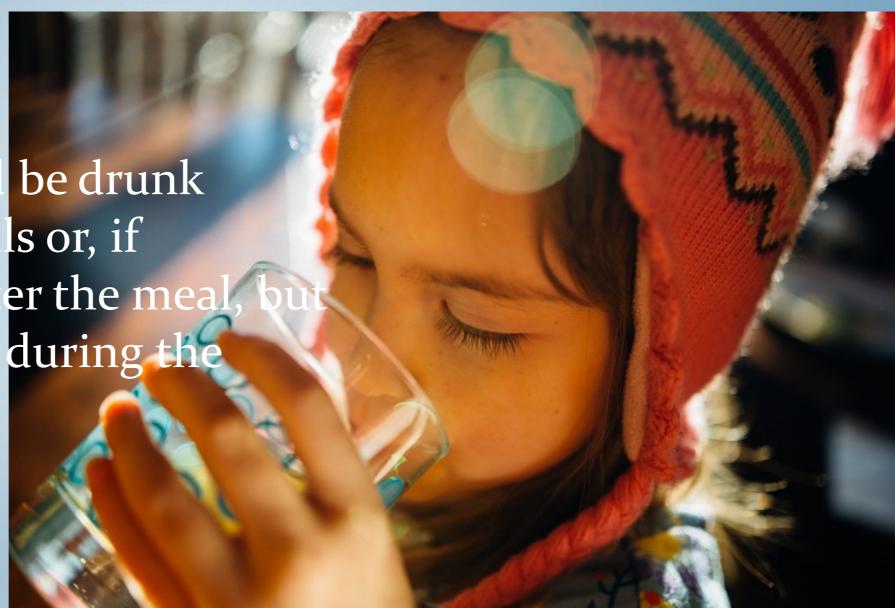


• Adult person needs to take 8 glasses or 2 liters of water a day, even if he doesn't feel thirsty.





• Water should be drunk between meals or, if necessary, after the meal, be 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.







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



