



**WE ARE WHAT WE  
EAT**



We are  
what  
we eat









IT'S WRONG!!!!!!!!!!!!!!



# THE FUNCTIONS OF NUTRITION

- The first function is to provide energy.
- One of the most important functions of nutrition is building the body. The food eaten each day helps to maintain the structure of the adult body, and to replace worn out cells of the body.
- The third function of nutrition is to regulate activities of the body. It includes regulation of such varied activities as: beating of the heart, the body temperature, muscle contraction, control of water balance, clotting of blood, removal of waste products from the body.
- The fourth function of nutrition is to improve our body's resistance to disease.
- The social function of nutrition.

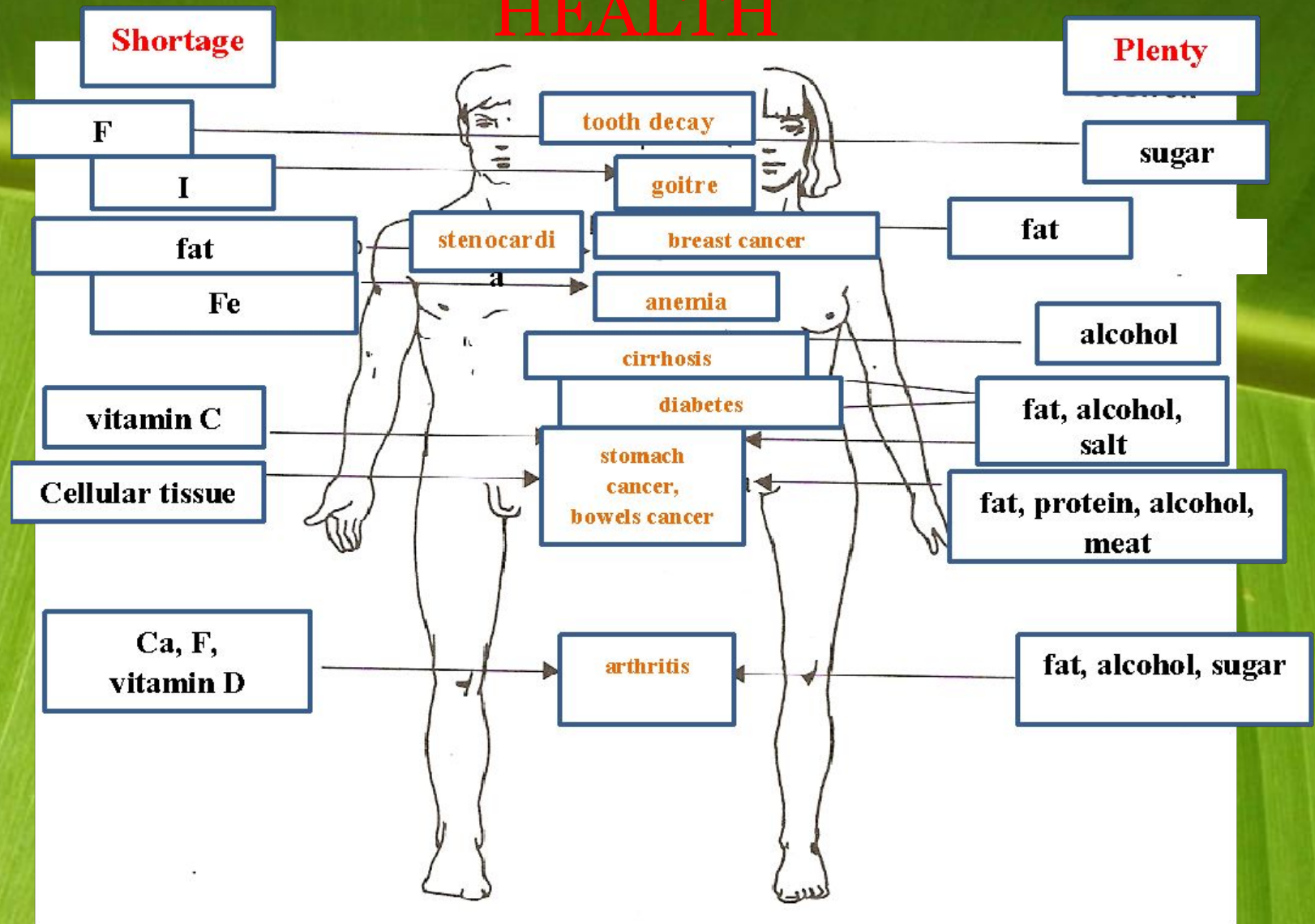




# INFLUENCE OF NUTRITION ON ONE'S

Influence of nutrition on one's health

## HEALTH



# ENERGY CONSUMPTION

Group	Job	Sex	Kcals per day
I	Doctors, teachers, secretaries, etc.	m/f	2000-2300 1500-1700
II	Nurses, agronomists, workers, etc.	m/f	2800 2500
III	Shop assistants, plumbers, drivers, surgeons, etc.	m/f	3300 3000
IV	Builders, oil industry worker, gas-fitters, etc.	m/f	3800 3700
V	Miners, loaders, etc.	M	4800

# HEALTHY EATING PYRAMID





Bread, rice, grains, potatoes are rich in vitamins, protein, carbohydrates.





Fruit and vegetables contain a lot of minerals and vitamins.





Meat, poultry, fish , beans, eggs have a lot of minerals, protein, vitamin B.





Dairy: milk, cheese are rich in Ca and protein.



Sugar, fizzy drinks, sweets have no vitamins and minerals.







**Top 6 USEFUL PRODUCTS**





Use Ity

An apple a day keeps the doctor away.  
One man's meat is another man's poison.  
Gluttony kills more than sword.  
The belly carries legs.  
Hunger is the best sauce.



Use Ity











# BE HEALTHY!

