



ALL ABOUT DIET



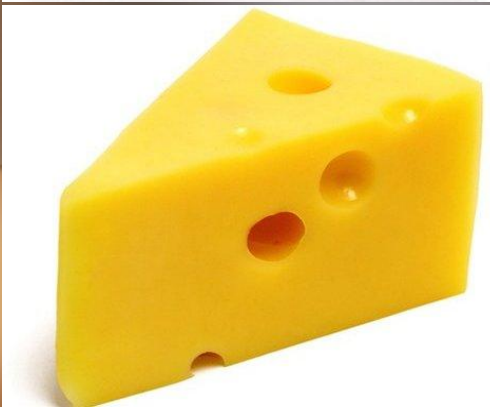
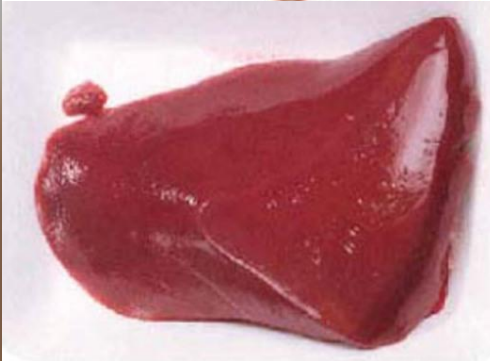
The diet plays a very important role in a human health.
If a person wants to be in good health he must be careful about his diet.
People of physical work need more food than people of mental work.



It is important to know that a diet must consist of

- proteins,**
- carbohydrates,**
- fats,**
- minerals,**
- water**
- and**
- vitamins.**

All this you can find in



fish

meat

liver

cheese

**All this also
contains in eggs,
milk, butter,**



suger,



bread,



potatoes,



and nuts.



If you want to be healthy you must use a mixed diet of meat, fats and fruit.





In a hospital the doctor usually prescribes the diet for every patient.

Any patient with high temperature has a very poor appetite and so a nurse must be very careful.

If a patient has a high temperature for a long time he becomes very weak and it is very important to give him high caloric food.





1. What must a people do if he wants to be in good health?
2. Who needs more food, people of physical work or people of mental work?
3. What must a diet of a healthy person consist of?