

# PROJEC

Foods that give us  
energy and help us grow



Bezsmola  
Oxana







**Many of the vegetables we eat are the seed vessels of plants**





*We need vegetables  
if we are to have a  
balanced diet and  
good health.*

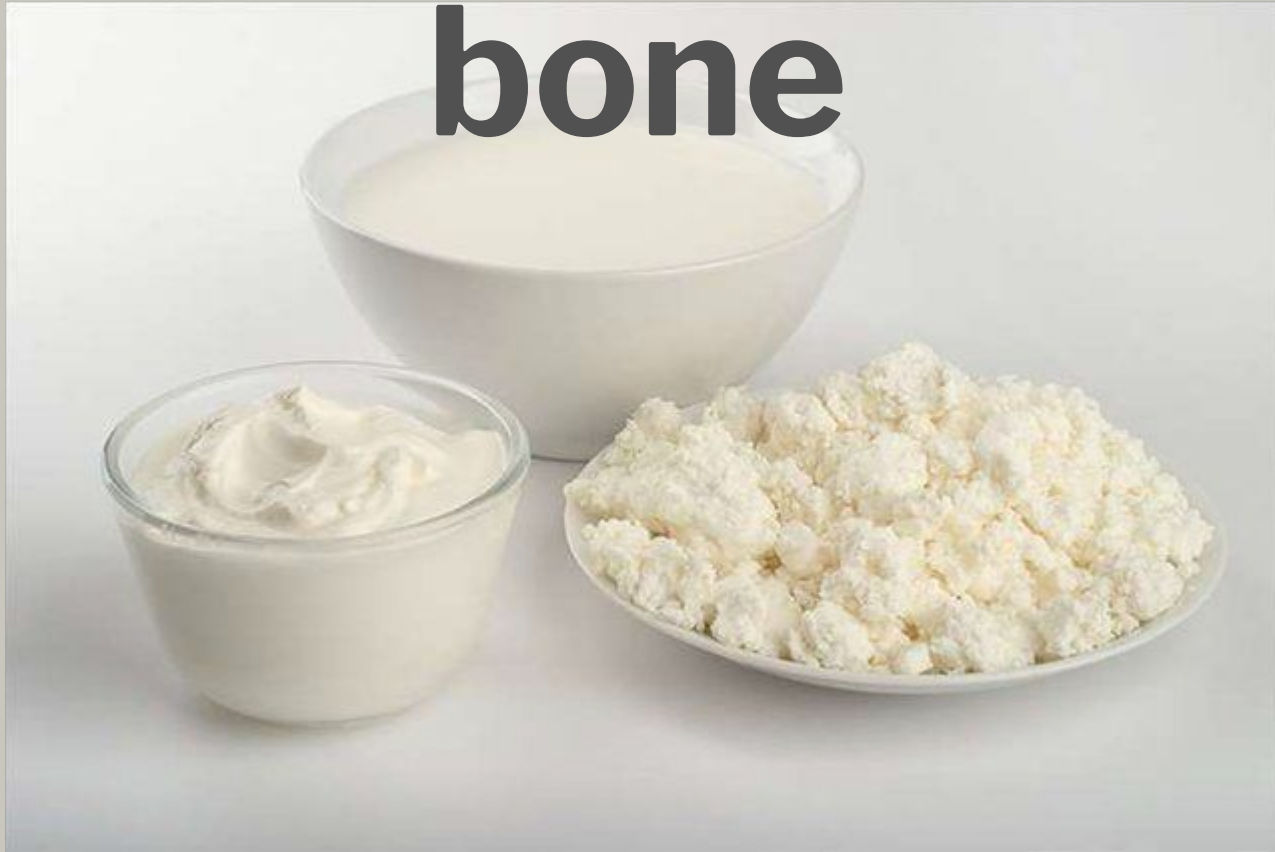




**A diet  
based on  
rice, or  
root  
vegetable  
s is likely  
to lead to  
some  
degree of  
protein  
deficiency**



**Milk help  
grow our  
bone**





A balanced diet is one consisting of small amount of meat, fish, eggs, dairy products, fruit and vegetables, grains, nuts, and seeds.





Choose fruits and vegetables  
over unhealthy fatty foods



**A balanced diet containing the basic food types – proteins, minerals, fats, carbohydrates, vitamins and fluids – is essential for satisfactory growth development, and health.**







The  
end