



Project about food

The most popular food of today is FAST FOOD!





DANGER



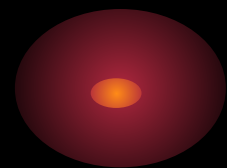
FAST FOOD KILLS

**If you don't like to be fat,
don't eat FAST FOOD**



They are some fast food:







Junk food

- **Junk food is death!!! If you will eat many junk food, you will be:**



They are some junk food:

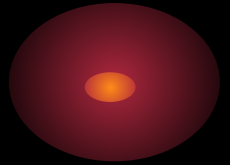


Healthy food

- **If you want to be healthy and strong, you must eat healthy food!**



**They are some healthy
food:**





HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



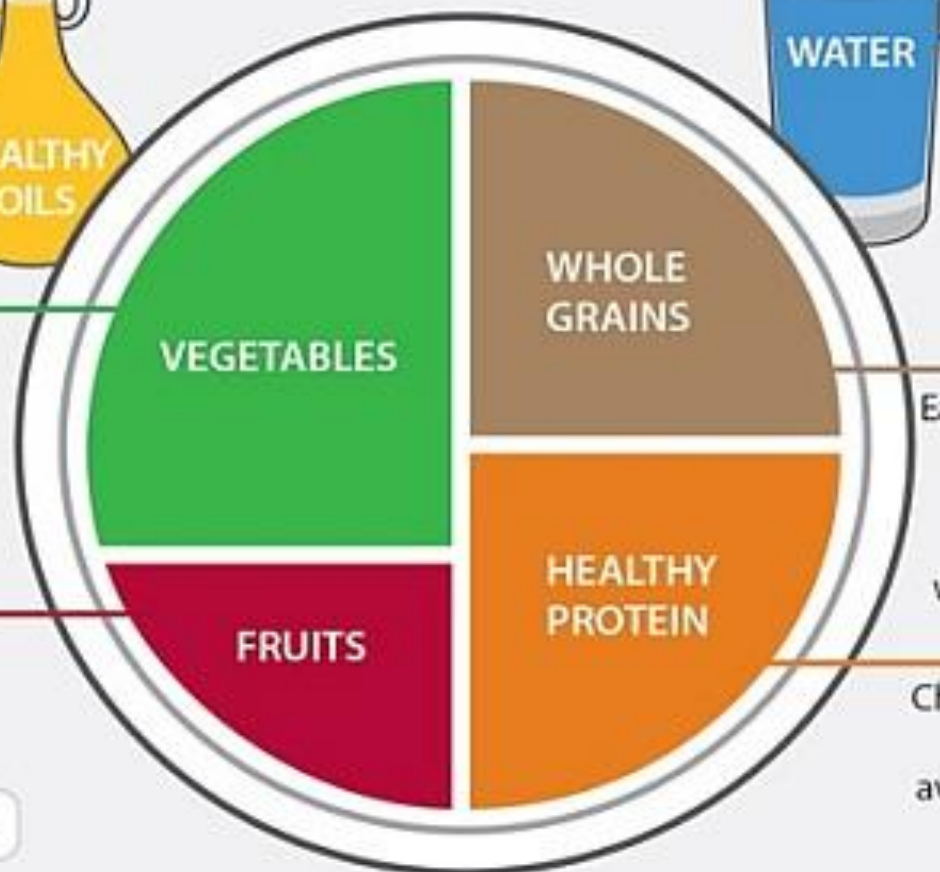
The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu





- **Don't eat junk and fast food, eat many healthy food, fruits and vegetables and all will be GOOD!!!**



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