

You are what you eat

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About food...

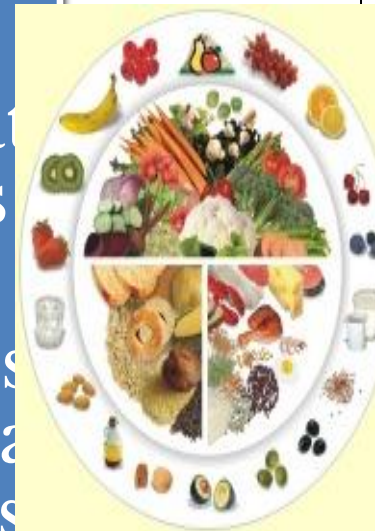


The food we eat, depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence.

Income is also an important factor. That is why not surprisingly, money, rather than a lack of knowledge about how to eat well, is at the heart of the problem.

Finally, there are three main messages that follow for healthy eating:

First, we should eat less fat, particularly saturated fat.





Healthy food



Many experts believe that healthy food - a full diet that provides your body with all the necessary micro-and macro-elements in the necessary and sufficient. We all know that there are products to a greater or lesser extent useful. While some tend to raise our tone - mental and motor activity, have a positive effect on the body, then the other - give us a taste of just enjoying the





We strive to unhealthy food because it is simple. We're used to it, we do not need to sit down and eat it with a side dish, we eat it



Unhealthy food





What about me, I try to limit the unhealthy products in my diet. I eat Fruit, vegetables and other natural products and I advise such food friends.



The End