

Healthy food: What we eat



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Fruit and vegetables are healthy food


Meat and fish are also healthy food

When we eat, we get vitamins

Celery, radishes, tomatoes, cucumbers, apples, pears and various berries are healthy food

But burgers, pizza, lots of chips, crackers and chips are bad and harmful food, especially if you eat them very often





I will show what products and drinks
are considered healthy food:

Celery



Celery contains a lot of vitamins.
it is very useful
Especially in winter

Berries



Strawberry,raspberry,currant,blueberry, etc are berries

Berries contain vitamins-A,B1,B2,B3,B6,B9,C,K,E

They are very useful

Vegetables



Vegetables contain many vitamins. These vitamins are E, B1, B6, B9, etc.

Especially they are useful in winter

Meat



Meat contains vitamins B1,B2,B3,B12 And B9

There are different kinds of meat :beef, lamb,pork,
etc.

Fish



Fish is good for brains, despite the fact that a lot of people do not like it

Fish contains vitamins A, B1, B2, B3, B6, B9, B12, C, D, E



EAT RIGHT!

Thanks for attention!