*Healthy food

Project by the students 5 class

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* **Introduction**

The aim of our work is to consider what food should we have to be healthy.

Studying this topic we:

*Learnt what a healthy food is

*Tried to divide the food according to the "rainbow" principle

*Made a survey about healthy eating habits

*Work out some recommendations how to eat properly

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<u>What is a healthy food?</u>

A healthy food is one of the things that helps

maintain or improve overall health.

Healthy food   Fast food

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<u>You are what you eat</u>

Food of different colors responsible for different functions in the body

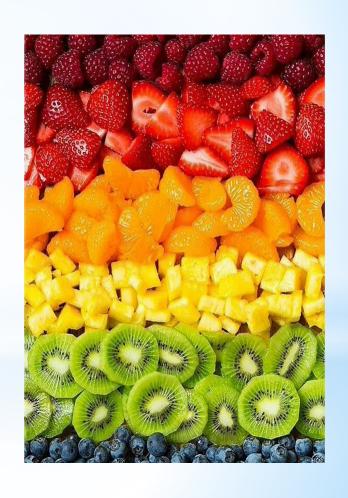# *<u>Food of different colors</u>

Red – move

Orange – brain

Yellow – optimism

Green – relaxation

Blue – night`s rest

Purple – creativity

Healthy food in our class

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26   classmates

17   of them prefer fast food

 9   of them prefer healthy food

It shows that only 35 % of our classmates eat properly!!!

*Recommendations

1. Making healthy food choices
2. Eating the right amount
3. Building healthy ideas about food

*<u>Conclusion</u>

Remember!!!

" An apple a day keep the doctor away"

Thank you for your attention!!!