



# ALL ABOUT DIET



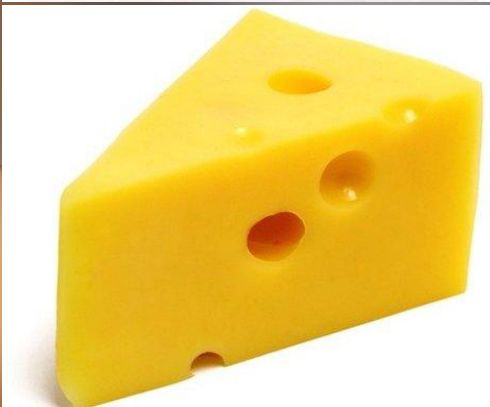
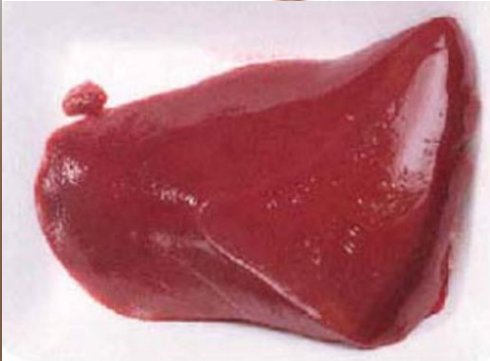
**The diet plays a very important role in a human health.**  
**If a person wants to be in good health he must be careful about his diet.**  
**People of physical work need more food than people of mental work.**



It is important to know that a diet must consist of

- proteins,
- carbohydrates,
- fats,
- minerals,
- water  
and
- vitamins.

All this you can find in



fish

meat

liver

cheese



**All this also  
contains in eggs,  
milk, butter,**



**suger,**



**bread,**



**potatoes,**



**and nuts.**



If you want to be healthy you must use a mixed diet of meat, fats and fruit.







**In a hospital the doctor usually prescribes the diet for every patient.**

**Any patient with high temperature has a very poor appetite and so a nurse must be very careful.**

**If a patient has a high temperature for a long time he becomes very weak and it is very important to give him high caloric food.**





1. What must a people do if he wants to be in good health?
2. Who needs more food, people of physical work or people of mental work?
3. What must a diet of a healthy person consist of?