



# Useful product

Need to eat tomatoes,  
Fruit, vegetables, lemons,  
Porridge in the morning,  
soup at lunch,  
And for dinner salad.



- Proper nutrition is the key to health for life. There are people who eat right and there are people who never gave much thought to what they eat.

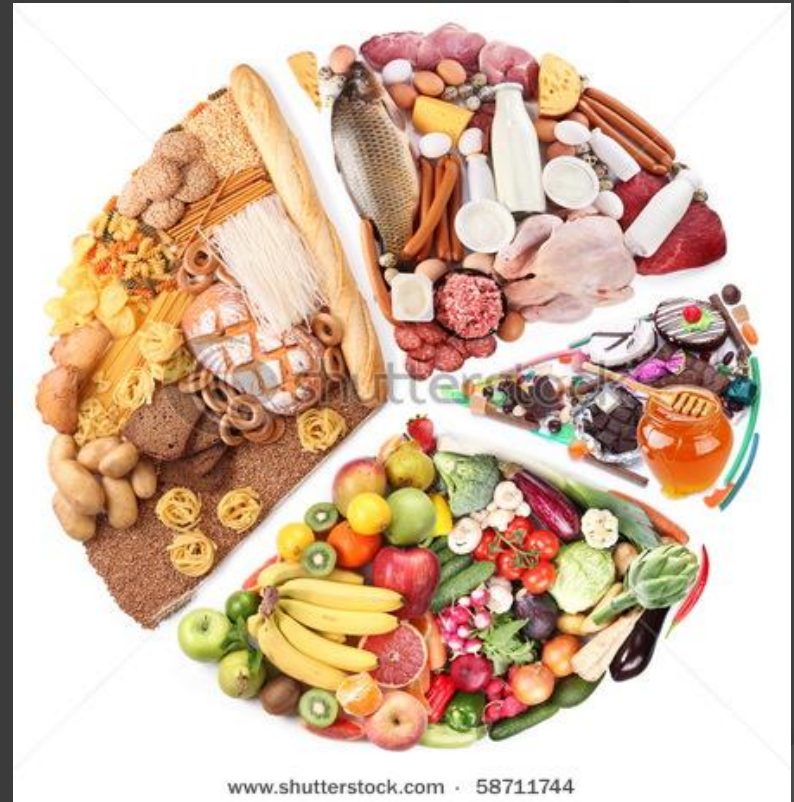


# Healthy foods

- ① As diverse human food! It is very important to our body got food of animal and vegetable origin.
- ② Eating healthy food, we enable your body to work well and without errors. In the daily menu of the person necessarily there should be fruit and vegetables. But if there are only vegetables and fruit, the nutrition is not quite complete. Every day people need to get a hot meal.

# Diet

- To be healthy and strong, you need a varied diet. Healthy food and plenty of fluids provide the body with energy needed for growth and development. There are useful at the same time..



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- ◎ 1. Every day to eat a variety of foods.
- ◎ 2. The bulk of the food should be vegetables and fruits.
- ◎ 3. Food must be well chewed to moisten with saliva.
- ◎ 4. Break between meals should not be more than 3 hours, preferably is at the same time.
- ◎ 5. For Breakfast better to eat different cereal.
- ◎ 6. Lunch should be complete, consisting of 3-4 dishes.

The person needs to have ,  
To stand up and to sit down,  
To jump, to tumble,  
Sing songs, make friends, laugh,  
To grow and develop  
And it does not hurt  
You need to eat right  
From a very young age to be able  
to..

