

PROJEC

Foods that give us energy and help us grow



BUGAGA.RU



Bezsmola
Oxana



A vibrant display of fresh produce. The top section shows a variety of vegetables including red tomatoes, orange carrots, green leafy vegetables, and red radishes. Below this, there are several crates of fruit and vegetables. One crate contains bright orange oranges and yellow-green apples. Another crate contains dark purple eggplants and red radishes. A third crate contains more oranges and red apples. The bottom right section shows a crate of red tomatoes and green cucumbers. The text is overlaid on a wooden-textured banner in the center.

Many of the vegetables we eat are the seed vessels of plants



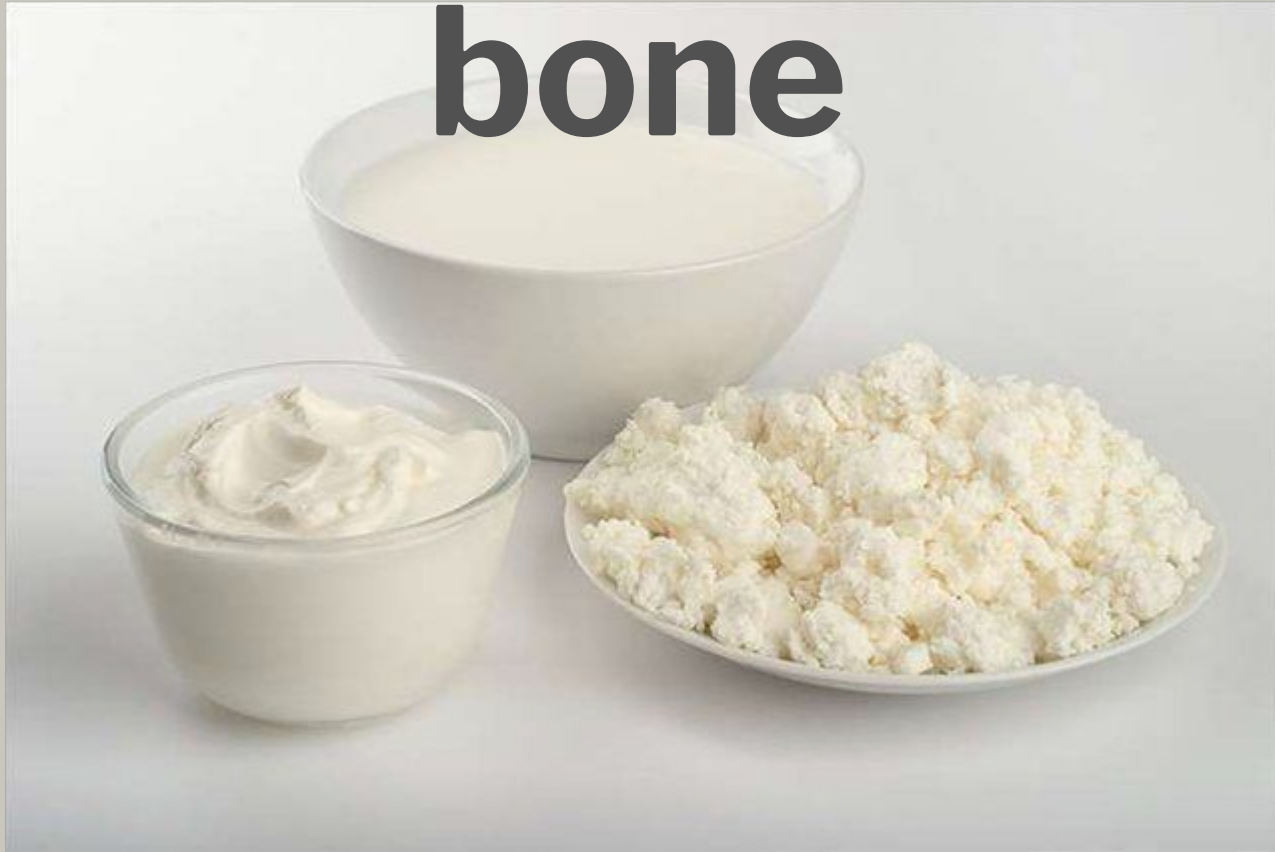
*We need vegetables
if we are to have a
balanced diet and
good health.*



A diet based on rise, or root vegetables is likely to lead to some degree of protein deficiency



**Milk help
grow our
bone**



A balanced diet is one consisting of small amount of meat, fish, eggs, dairy products, fruit and vegetables, grains, nuts, and seeds.



Choose fruits and vegetables
over unhealthy fatty foods





A balanced diet containing the basic food types – proteins, minerals, fats, carbohydrates, vitamins and fluids – is essential for satisfactory growth development, and health.





The
end

