

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 filled with oranges and green apples. The bottom section shows more crates containing dark purple eggplants, red apples, and green cucumbers. A wooden-textured banner with black text is overlaid on the middle of the image.

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



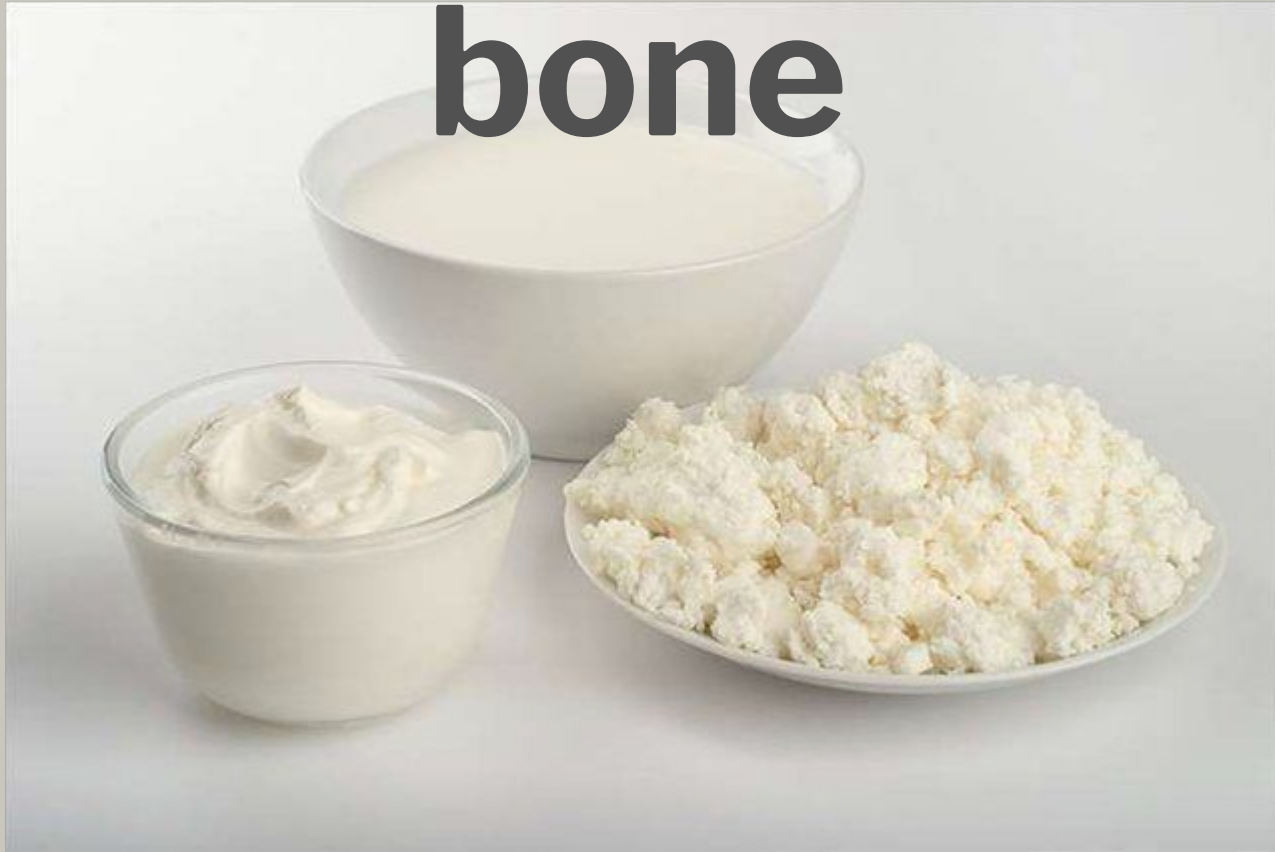
*We need vegetables
if we are to have a
balanced diet and
good health.*



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

