

What is useful for us?

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Vitamins

People need vitamins to stay healthy. They get them from the food. There are a lot of vitamins in fruit and vegetables.



Fast food

You can hardly find any useful vitamins in Coke, chips and other fast food.



Useful fruit and vegetables

Each vitamin is responsible for different things in the human body. We get vitamins from fruit and vegetables.



Vitamins

There are about 10 major vitamins. They are usually named by a letter of the alphabet. (A,B,C,D...)



Vitamin A

It is in green and yellow vegetables, milk and eggs. Its necessary for eyesight.



Vitamin B₁

It is in meat, porridge and bread. It is responsible for the nervous system. Lack of this vitamin leads to serious illnesses and even death.



Vitamin B₂

Vitamin B₂

Food sources of Riboflavin (vitamin B2):

Cereal, nuts, milk,
eggs, green leafy
vegetables
and lean meat



Vitamin B₆

It is in fish, meat, cabbage, tomatoes, potatoes, nuts, pepper, mushrooms, carrots and greenery.



Vitamin B₁₂

It is in eggs, chicken , milk products, wheat, fish and oysters.



Vitamin C

It is in every fruit and vegetable. You can find it in black currants, strawberry, oranges, onions, cabbage and green pepper. It is important for building bones and teeth. It helps to prevent colds.




Vitamin D

It is in eggs. People can get it from sunlight. It makes our bones strong.




Vitamin **D**



The body itself makes vitamin D when it is exposed to the sun

Cheese, butter, margarine, fortified milk, fish, and fortified cereals are food sources of vitamin D



ADAM.

Vitamin E


It is necessary for skin and body. It is in the wheat and nuts.



Vitamin K

*It is in cabbage, wheat, fruit –
bananas, kiwi and avocado.*



A vibrant border of fresh vegetables and fruits surrounds the central text. The border includes a variety of items such as red and yellow bell peppers, green cucumbers, purple eggplants, red and yellow tomatoes, green leafy vegetables, white onions, and small round vegetables like radishes and mushrooms. The background is a plain, light color, making the colorful produce stand out.

***Remember: you eat to live,
but don't live to eat.
Choose healthy food.***

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Problem pages

- 1. You shouldn't eat hamburgers, because they are not good for you.***



2. You shouldn't eat pizza. It is dangerous for health.



3. You shouldn't eat cakes, because they are fat and it is not good for you.



4. You shouldn't drink cola, because it is dangerous for your health.



5. You shouldn't eat chips, because they aren't useful for your health.



6. You shouldn't eat crisps, because they are harmful.



7. You shouldn't eat chocolate and sweets, because they are dangerous for health.



8. You shouldn't eat biscuits, because they are harmful for health.



10. You shouldn't eat hot-dogs, because they are not good for you.



So, to keep healthy, we should:

- 1. First of all to eat useful food full of vitamins;***
- 2. To eat more fruits and vegetables, especially apples and kiwi: “An apple a day, keeps the doctor away.”;***
- 3. To go in for sport: to swim, to play tennis, to play football, to ski and skate;***
- 4. To go to fitness centres and sports clubs;***
- 5. Not to eat fat food: hamburgers, chips, crisps and cakes.***

Keep fit and healthy

We should:

- ***eat various food;***
- ***eat more fresh fruit and vegetables;***
- ***eat low fat food;***
- ***have breakfast every day;***
- ***not to eat cakes and sweets every day;***
- ***not to eat at night.***

To grow big and strong we should:

- *go for a walk every day;*
- *do some sport every week;*
- *play computer games and watch TV less than two hours a day;*
- *Sleep eight or nine hours a day;*

Not good for us:

- *smoking*



Not good for us:

- *drinking alcohol*



Not good for us:

- *taking drugs*



Not good for us:

- *physical inactivity*

