



Healthy Food

Mukhina I.A.



Foods That Are Super Healthy

- Eating healthy does NOT have to be boring.
- There is a massive amount of foods out there that are **both** healthy and tasty.
- Here are 50 incredibly healthy foods. Most of them are surprisingly delicious.



1-6: Fruits and Berries





Apples

- **1. Apples**
- The apple is high in fiber, vitamin C and numerous antioxidants. Apples are very fulfilling, and perfect as snacks if you find yourself hungry between meals.





Avocados



its,
y
ny,
d



Bananas



are



Blueberries



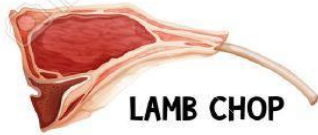
Eggs





Meats

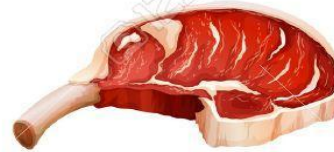
MEATS OF THE WORLD



LAMB CHOP



SIRLOIN



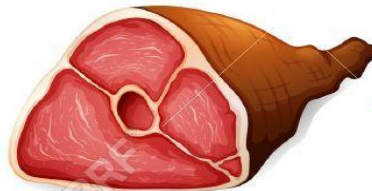
PRIME RIB



DICED BEEF



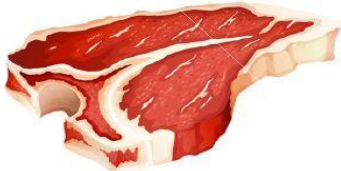
LEG OF LAMB



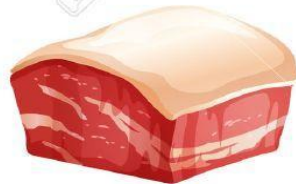
PARMA HAM



BACON



T-BONE



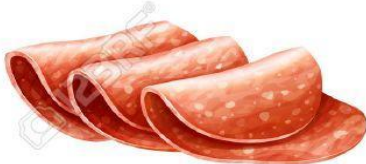
PORK BELLY



MEATLOAF



SAUSAGES



SALAMI



PEPERONI



ROAST CHICKEN

Vegetables



Fish and Seafood



FISH & SEAFOOD



Bread

different kinds of bread



white
bread



wheat
bread



rye
bread



whole
grain
bread



hamburger
bread



hot dog
bread



croissant



pretzel



french
bread



pita
bread



rolls



Dark Chocolate



Dairy products





Guess what these word are

- Pleap
 - Abnana
 - elno
 - rebad
 - atem
 - imkl
- 1. Apple;
 - 2. Banana;
 - 3. Lemon;
 - 4. Bread;
 - 5. Meat;
 - 6. Milk.



Vocabulary practice

- Chocolate, eggs, carrot, sweets, honey, bread, meat, cake, milk, hot dog, butter, fish, candy, apple, chips, cheese, hamburger, orange, tomato, pizza.



Sayings about Food



I'm the
coolest
vegetable.



Healthy Eating

Healthy food

- Chocolate
- carrot
- honey
- bread
- meat
- milk, eggs
- Butter, fish
- apple, cheese, orange, tomato, pizza.

Junk food

- Chips
- hot dog
- Hamburger
- Pizza
- Sweets
- Cake
- candy



Informational Resources

- <https://authoritynutrition.com/50-super-healthy-foods/>

Be healthy, wealthy and wise!