



# 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

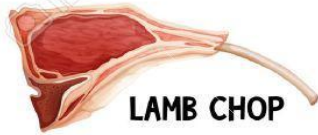






# Meats

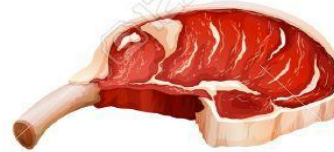
## MEATS OF THE WORLD



LAMB CHOP



SIRLOIN



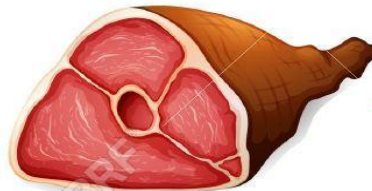
PRIME RIB



DICED BEEF



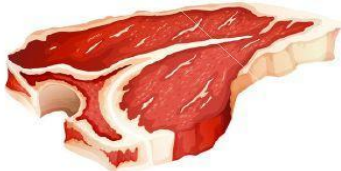
LEG OF LAMB



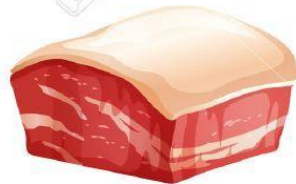
PARMA HAM



BACON



T-BONE



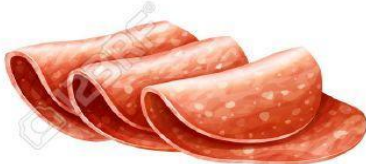
PORK BELLY



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!**