

You are what you eat

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About food...

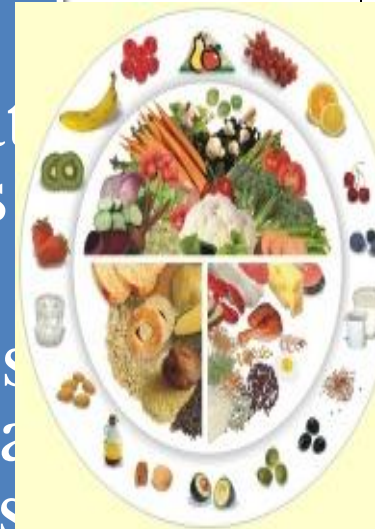


The food we eat, depends on lots of things. Taste is a big factor. Culture, religion and health also play a part in what food we eat. Advertising and social factors also have a big influence.

Income is also an important factor. That is why not surprisingly, money, rather than a lack of knowledge about how to eat well, is at the heart of the problem.

Finally, there are three main messages that follow for healthy eating:

First, we should eat less fat, particularly saturated fat.





Healthy food



Many experts believe that healthy food - a full diet that provides your body with all the necessary micro-and macro-elements in the necessary and sufficient. We all know that there are products to a greater or lesser extent useful. While some tend to raise our tone - mental and motor activity, have a positive effect on the body, then the other - give us a taste of just enjoying the





It is believed that good food fills and spoils health, because it contains a lot of sugar and fat. Take any list of favorite foods, and of course, most of these dishes will be unprofitable. We instinctively crave foods that is not the best option for us - it is unprofitable food without vitamins and nutrients, and often is not even a feeling of fullness in the stomach - but we keep going back to it again and again for some reason.

We strive to unhealthy food because it is simple. We're used to it, we do not need to sit down and eat it with a side dish, we eat it



Unhealthy
food





What about me, I try to limit the unhealthy products in my diet. I eat Fruit, vegetables and other natural products and I advise such food friends.



The End