

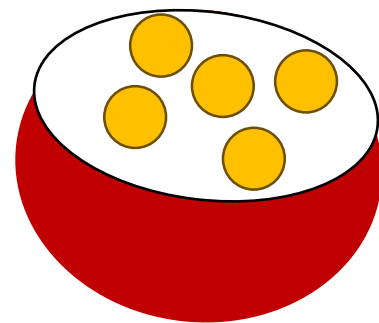
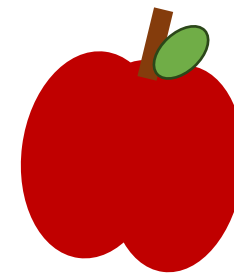
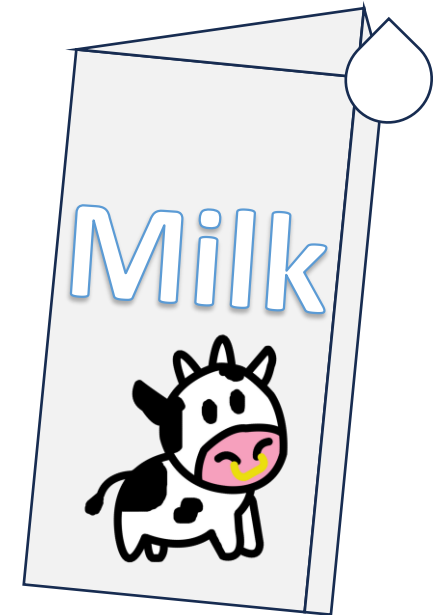
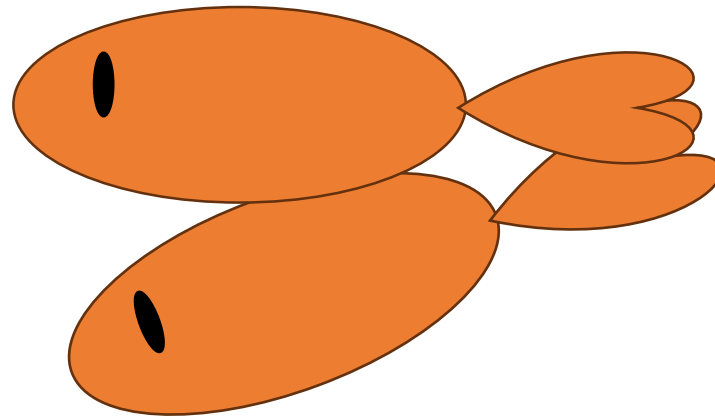
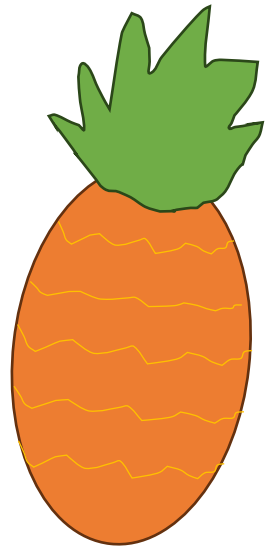
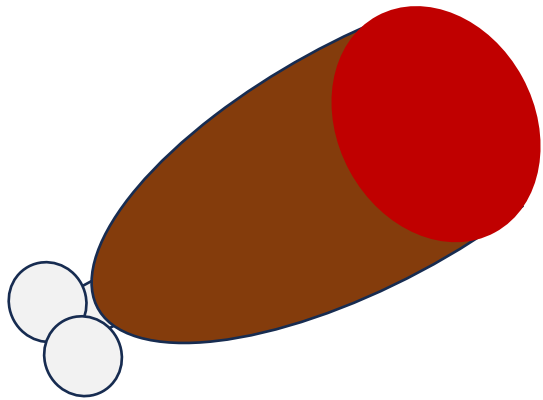


**PRIMARY SCHOOL STJEPANA RADICA  
METKOVIC, CROATIA**

**HEALTHY AND UNHEALTHY FOOD**

**Made by : Luka Matić and English teacher Marija Mijić  
November 10, 2023**

# Food



# Food

What will you learn from this presentation?

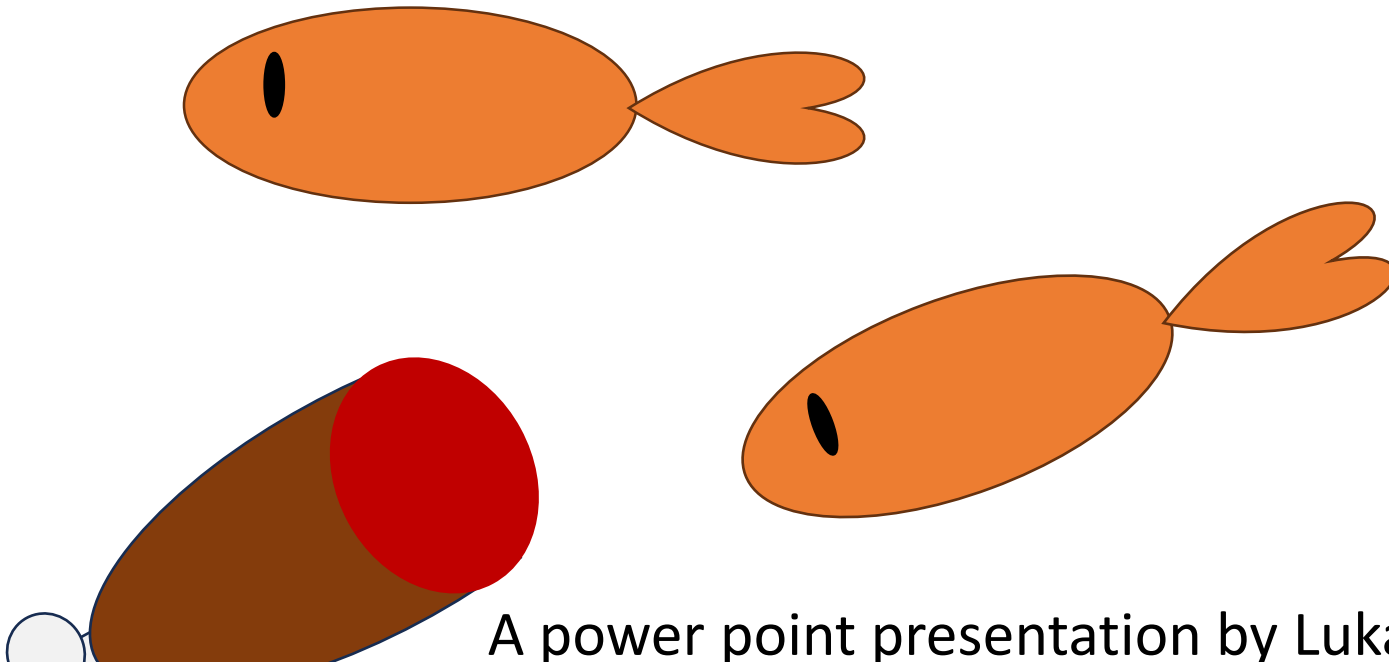
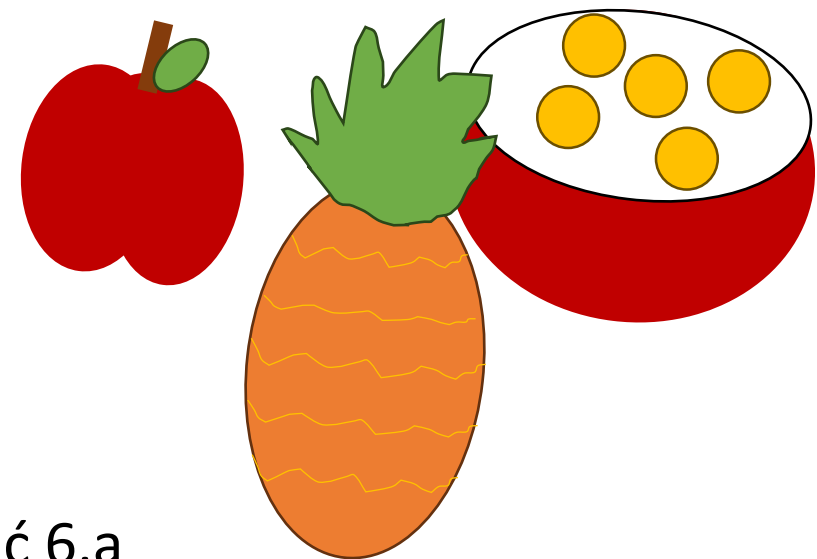
What is food

Categories of food

The food pyramid

What is a diet

And a healthy plate



A power point presentation by Luka Matic 6.a

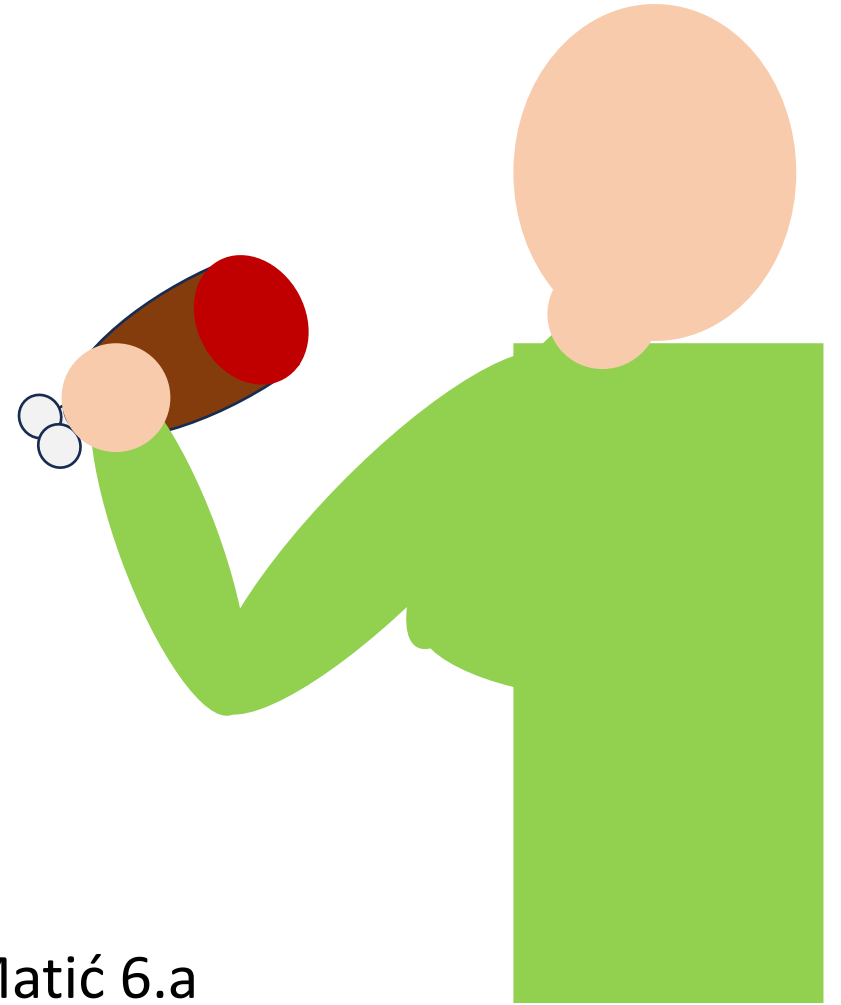
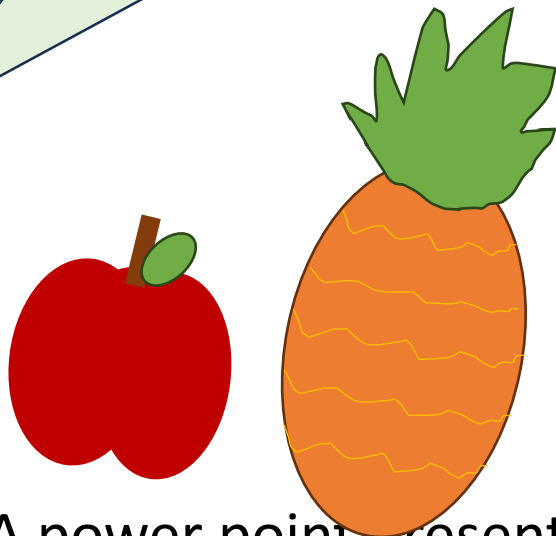
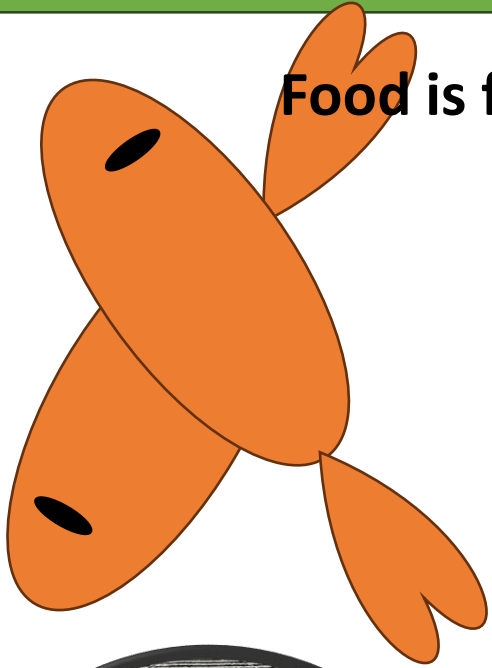
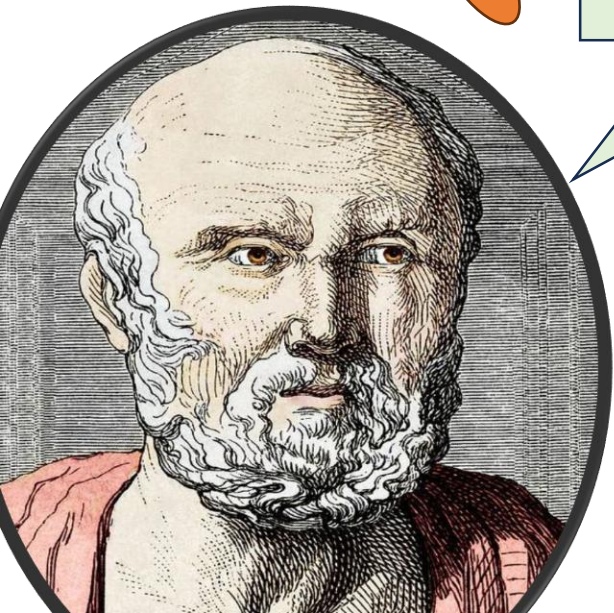
# ***What is food ?***



# *What is food ?*

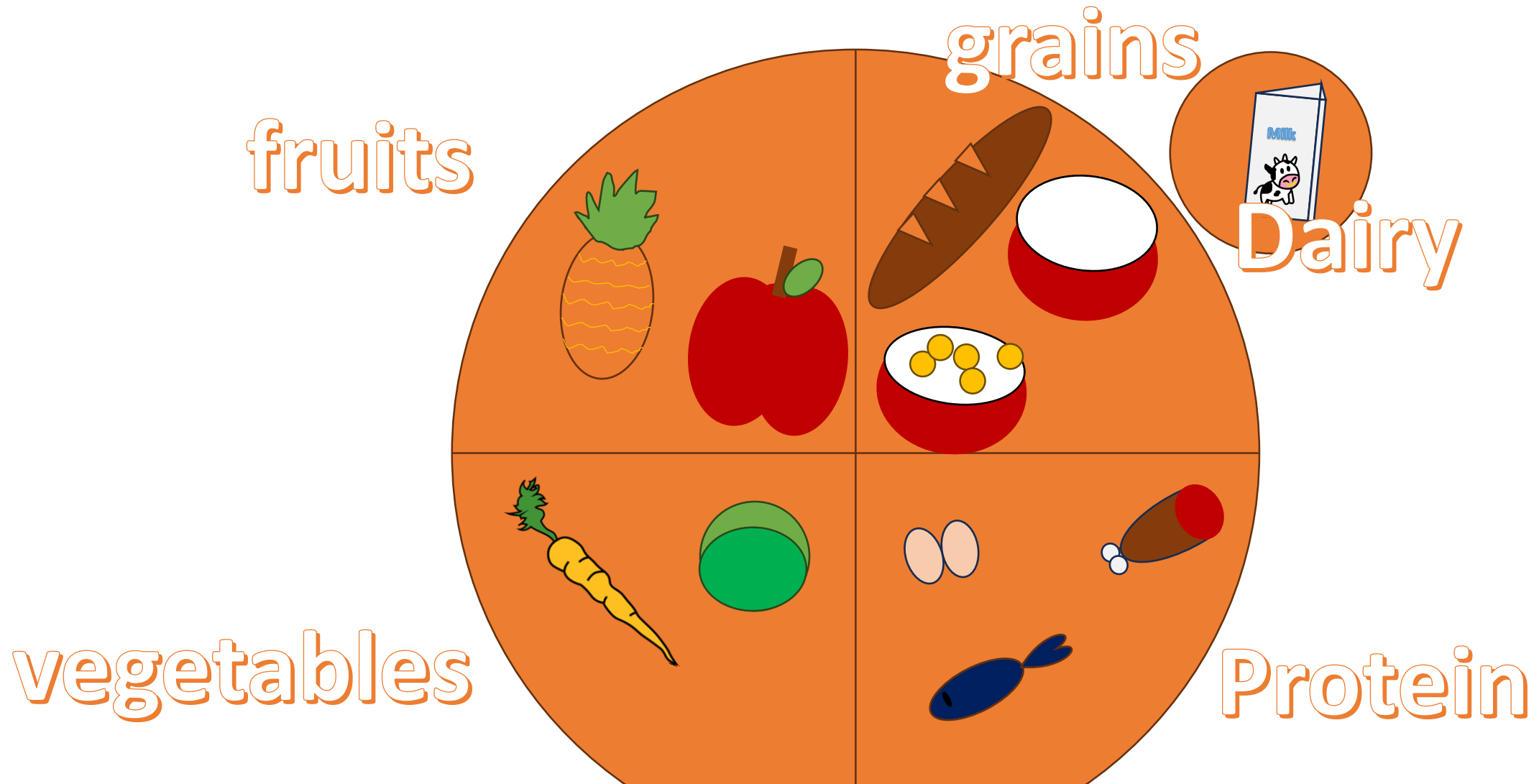
**Food is fuel for our bodies. It helps us work and stay energized, and is important for our survival!**

"Let food be  
your medicine and  
medicine be your food" -  
Hippocrates



# Categories of food ?

There are five categories of food



# *The food pyramid*

The food pyramid is a visual representation of what type of food you should eat the most.

The higher it is the less of it you should eat.



# *The food pyramid*

You should eat your fruits and vegetables the most because they are very healthy for you.

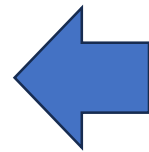




# *The food pyramid*



Grains like rice or bread can be healthy...but don't be fooled! If you eat too much of it, it can be unhealthy.



# *The food pyramid*



It would be best to be careful how much dairy products you consume. It can be very unhealthy if we consume it too much. But when it's in the recommended amount it can be very healthy!

# *The food pyramid*



Protein is very important for our bodies. It helps us build muscles, which is good if you're eating it in the recommended amount.

# *The food pyramid*

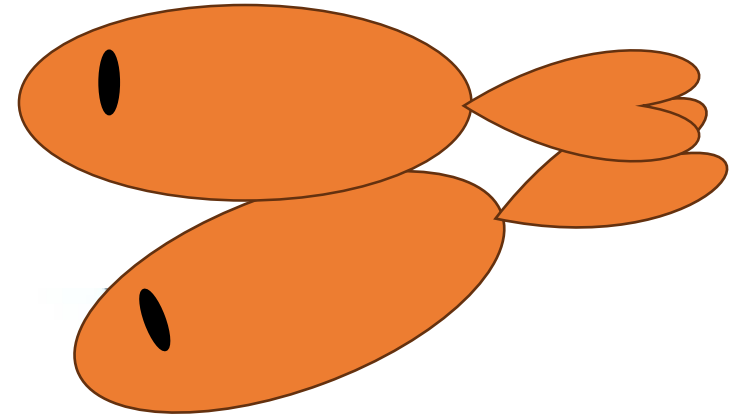
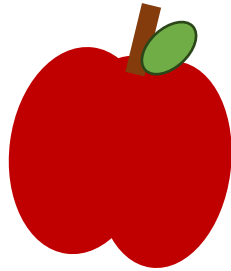


Oily foods are at the top which means you shouldn't eat it too much. But that doesn't mean you shouldn't eat it at all!

# *Whats a diet?*

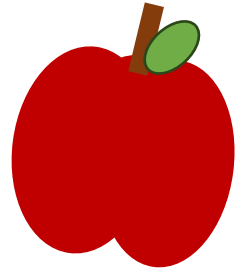
A special course of food to which persons restrict themselves, either to lose weight or for medical reasons.

**„Im going on a diet”**



# *What's a healthy plate?*

A healthy plate includes all the categories of food in the recommended amount.



If you were paying attention

# ***Thank you for your attention***

