

BASICS OF HEALTHY EATING



EATING HEALTHY =

Eat products from all groups in appropriate quantities:

- vegetables and fruits,
- grain products,
- dairy (in particular natural),
- meat, fish and plant seeds

legumes,

oils, nuts and stones.

WHY IS EATING
HEALTHY
IMPORTANT?

not to get sick to have strength and good humor,

to provide the body with the necessary nutrients,

to be able to concentrate and learn well.

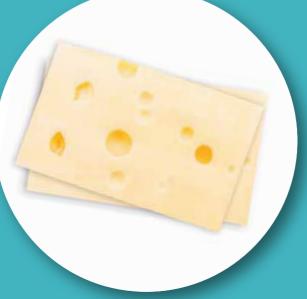
EAT BREAKFAST:

- to be able to focus,
- to think efficiently,
- to have energy to start.

EAT 5 MEALS A DAY:

to have energy all day.

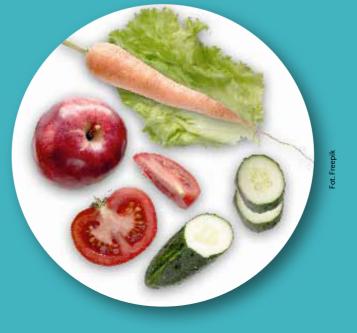
This is an example of your breakfast:



DAIRY



GRAIN PRODUCTS



FRUITS/VEGGIES

DO PHYSICAL ACTIVITY:

- to be healthy,
- to reduce fatigue and stress,
- to be ready for challenges.