



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.

DO PHYSICAL ACTIVITY:

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

This is an example of
your **breakfast:**



DAIRY

+



GRAIN PRODUCTS

+



FRUITS/VEGGIES