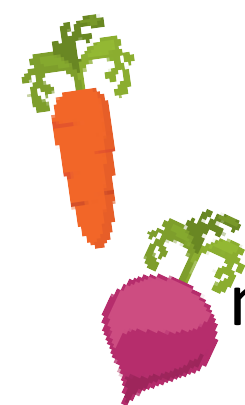




# VEGGIES AND FRUITS

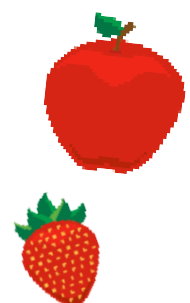


## WHAT VEGETABLES DO YOU KNOW?



Carrot, tomato,  
cauliflower and  
many many others.

## WHAT FRUITS DO YOU KNOW?



Apple, strawberry,  
orange and  
many many others.

## WHY DO WE EAT THEM?

Because they provide  
us with vitamins and  
minerals that are  
necessary for the  
proper functioning of  
our body.

HOW MANY TIMES A DAY  
DO YOU HAVE TO EAT  
FRUIT AND VEGETABLES TO  
BE HEALTHY?



## What they contains important for our health?

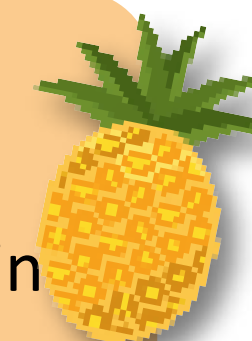
### RED

vegetables and fruits contain, a.i. - vitamins A, C, K, B6, as well as potassium, fiber. They affect: the condition of hair, skin, nails and proper digestion of food.



### ORANGE AND YELLOW

vegetables and fruits contain, a.i.: provitamin A (beta-carotene), vitamin C, vitamin E. They affect: eyesight, immunity and slower skin aging.



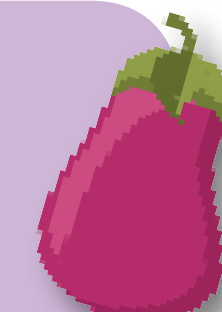
### GREEN

Vegetables and fruits are usually rich in iron, magnesium, calcium, B vitamins, and vitamins C, E and K. They affect: improving concentration, memory and thinking, mood, better blood clotting, e.g. when we cut ourselves.



### PURPLE

Vegetables and fruits are rich in a.i.: vitamin C, fiber and anthocyanins. They affect: the work of our heart, digestion of food, our memory, concentration and well-being.



### WHITE

vegetables and fruits are rich in fiber, potassium and magnesium. They are low in calories and may affect the better functioning of the digestive system. Some of them, e.g. garlic, were formerly used as a medicine for colds.

