# what is healthy food?

Healthy food is food that provides a balanced, diverse and adequate combination of nutritious foods, in order to achieve the growth, development, functioning and physical, mental and social well-being of the person.

It allows the body to function properly, meeting its basic physiological needs and contributing to maintaining good physical and mental health.
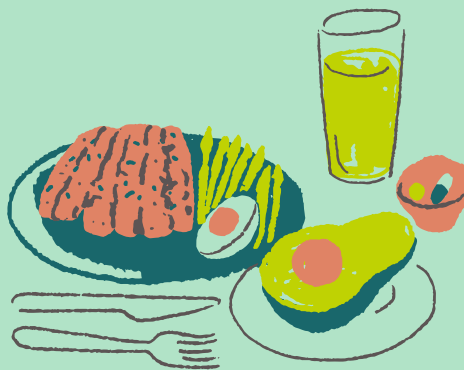A proper diet helps prevent chronic and noncommunicable diseases such as diabetes, heart disease, stroke, and cancer.
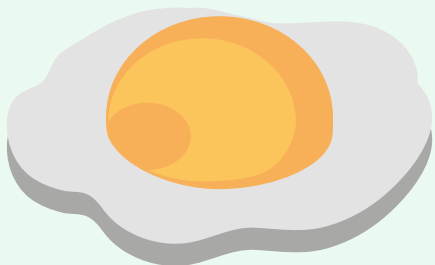
PEC

Project PEC

Prepared by students at CETIS 61 on the topic of conditional if zero to provide advice or information on healthy eating.
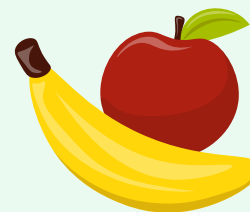
PROJECT PEC

The Plate of Good Eating

Purpose: To identify and communicate eating habits to the school community

Group: 5-D

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Personal benefits

If we eat fruits and vegetables daily, which are rich in vitamins and fiber, our body stays healthy and we reduce the risk of diseases.

If we eat a good breakfast that includes protein and complex carbohydrates, we have more energy during the day.

If you drink water, your digestion improves and you absorb nutrients better.

If you reduce the intake of foods high in sodium, your blood pressure stays low and your heart feels better because it does not have to work as hard to pump blood.

If you choose whole grains, you feel full for longer and avoid eating between meals.

If you keep your blood sugar low, you will be less likely to have a heart attack.
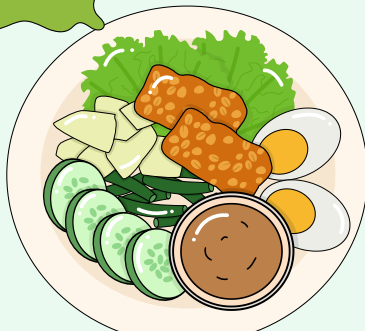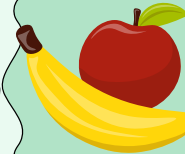
benefits in academics

If you eat a good, healthy breakfast, you concentrate better in your classes.

If you bring a healthy breakfast prepared from home to school, you have better performance because your body and mind start the day with enough energy.

*If you eat a healthy diet, your energy is greater than that of other students.*

If you reduce sugary snacks, you avoid sudden drops in energy and stay focused during your lessons.

If you eat nuts or seeds as a snack, you improve your brain function and remember information more easily.

If you drink natural juices instead of sodas, you stay hydrated and maintain better academic performance during the day.

benefits at work:
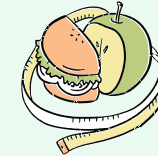
If workers eat fruits that provide vitamins, they perform better at work and feel less tired. Eating fruits like apples and bananas gives the body energy and improves concentration.

If employees include protein in their meals, they have enough strength to face their daily tasks. Foods like eggs, chicken, and beans help the body stay active and prevent exhaustion during work hours.

If workers drink enough water, they think more clearly and stay alert. Proper hydration prevents headaches and improves overall performance at work.

If we eat balanced meals with fruits, vegetables, and proteins, we can concentrate better and finish our work faster and with better quality.

If we avoid eating junk food at work, we feel lighter, think more clearly, and stay in a good mood throughout the day.

If we drink enough water during the day, we stay hidrated, have more energy, and can work more actively without feeling tired.