Monsonor Abter, Anabo Ans to the queto Bither self medi-- reill-131 Yes ithink the is a relation between this two things. IN What we con condosent biguets. abbect our physical health blugit also obean rabbect out mental health and wellbeing. - UF ading! well which means having. a bolanced diet full ob vote vogetables and nutnients con improve your sense of wellbeing and your moot. > Mental food insecurity health p Physical health, Diet /diversity. food insecurity -> Mental mealth probably tood -> Diathesis.

0112010 00

Nutient and Self mediimbalances. Cations
We should have have to maintain
a healthy balanced diet by
eating good and healthy

food. Sugar limitodion should

be reduced moontain

regular exercise. Abtor all

o will be have to home

a good mood with good

how healthouse any sungen

being and your month

N 10 10 (thuis sorai 1000)

physical books.

BUSHNIN HEIDK

Lood incoming -- + Hoof

poor tida p

Ans to no: 07

Resistance. The ability of the ecosystem to continue to tunation without change when stressed by disturbance. De Resilience the ability of the ecosystem to recover the disturbance.

Ecological resilience is the ability.

obt an ecosystem to nespond to

some kind of disturbance a masure

of how quickly the recover. These

disturbance com be natural foods

storms, fine etc. or they can be

human - eaused climat change,

deforostation, agriculture, andone

fishing

Convinonmental resistanc. factor on as
things that limit the growth ob
population. The include biotic
factor lie preditors, disease,
competition and lack of food as
lively to ass abiotic factors.
like fine food, and drought
other cause a slow, wind.

of an ecoegytem to incepond to

Sonc Kind of distantioned a mascunic

of how quachly the removers these

clistantian on one con be malural toods

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Grandait

Am to the aus - 20

ma nane of ecosystems on earth · Terrestrial ecosysten long to torest ecosystem. hassland ecosystem Desemble cosystem

A freshande

Marine

Marine fully on every been overioned by which more also gained heart discourse.

Giornal Head when I

etand show in how for

Billian in Millian Sheal of the San Anna

a fact more dish and all a

Look start buy no had interest which

Ans to the was no; 036

We should be aware of fort intake cause it am is a source of essential fatty acids and cholesterol. in our body. It have mone energy-dense the carbohydrate and prootens which provide to y caloris pen gran. So consuming high davel of colories can gain weight gain as even being overweight. Which can also gaive heart disease and stroke.

of decrose the amount consuming.

or Try to intalse fruits

* Avoid fat while eating or cooking.

or fat more fish and chicken

* Boke, boil, or grill mets, aboid