



A HEALTHY DIET TO LIVE BETTER



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Contact

<https://healtydiettolivebetter.weebly.com/>

<https://a-healthy-diet-to-live-better.blogspot.com/?m=1>



A healthy diet to live better



"There is no better time than now to change your diet and lifestyle!"



The project

is an interdisciplinary project based on the relationship between food and sport. Food is the fuel for our body and is essential for growing well. In today's society, children spend part of the day in front of the television or computer often consuming snacks rich in calories that are not disposed of by movement. These attitudes produce an incidence of overweight which, over the years, can turn into obesity. It is important, from early childhood, to educate about healthy eating and movement in order to promote adequate physical development and prevent problems such as obesity and related diseases.

