HEALTHY & UNHEALTHY FOOD

DO YOU KNOW WHAT ARE YOU EATING?
DO YOU FEEL HEALTHY?
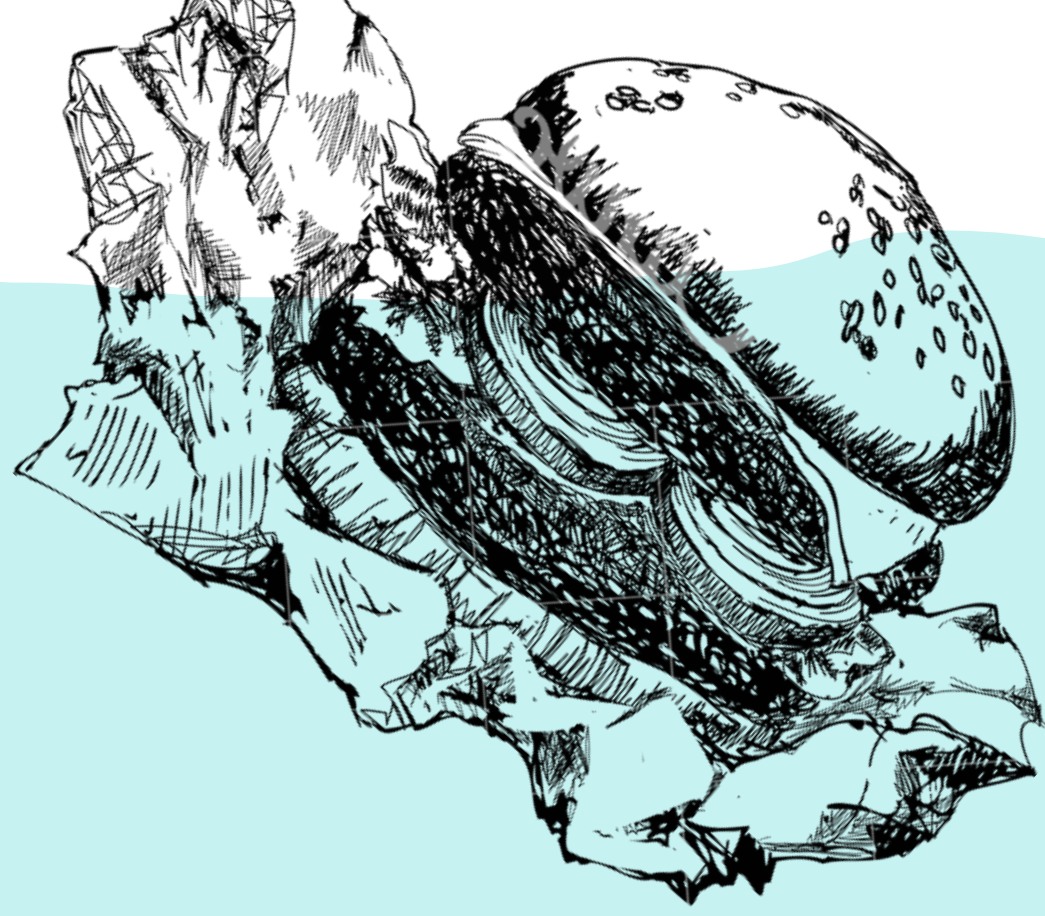
CONSEQUENCES OF A
UNHEALTHY FOOD

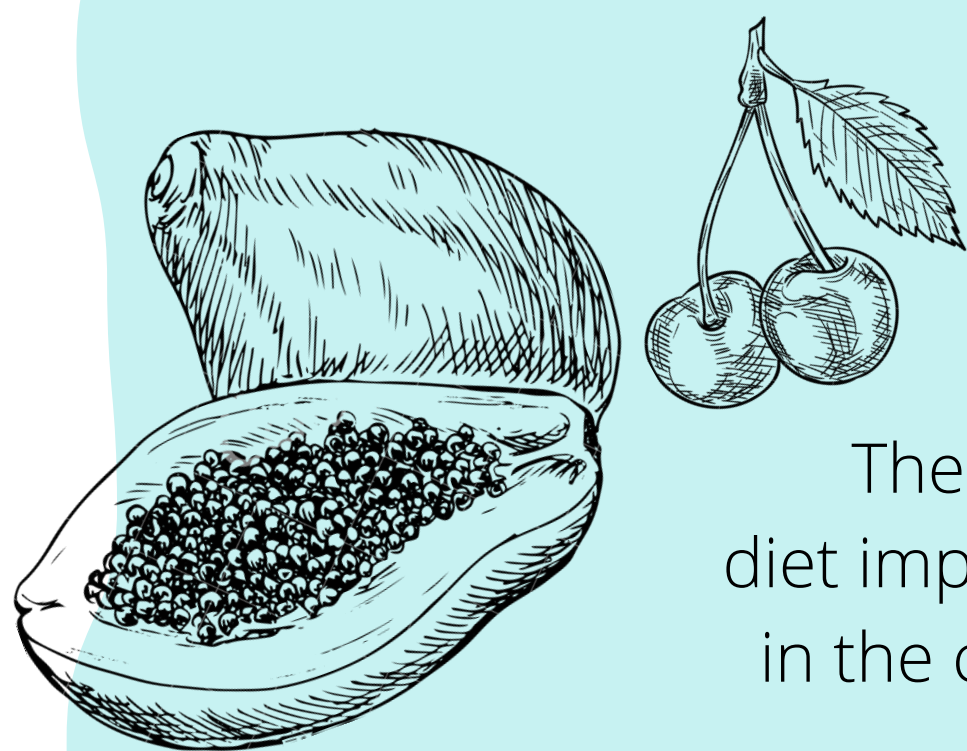BY:DESIRÉE GIMÉNEZ & PAULA CALATRAVA

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CONSEQUENCES OF UNHEALTHY FOOD

-Diabetes
-Obesity
-Cardio vascular diseases
-Chronic diseases
-Our mental health is also affected
by eating unhealthy foods. Our
brain cells require energy to work
and unhealthy foods fail to provide
us that.

WHY DO YOU HAVE TO EAT HEALTHY FOOD?

The most important answer is the health, because a healthy
diet improve our vital organs and help you to prevent diseases . And
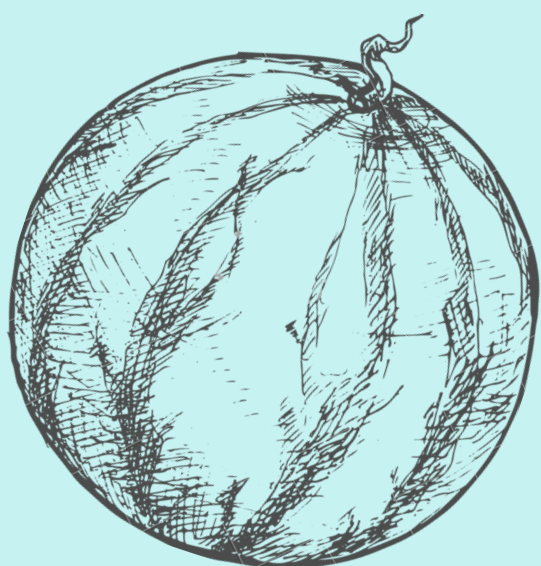in the childrens it helps them to concentrate more in class and be
happier.

HOW CAN YOU EAT HEALTHY?

A healthy diet is based on eating in a balanced way, like the
mediterranean diet. You can follow the food pyramid. We give you some
tips that you can follow:
- Drink a lot of water
- Do exercise
- Eat sweets occasionally
-Eat a lot of vegetables and fruits

OUR CONCLUSIONS:

By doing this work we have realized that it is very important to eat
healthily to prevent diseases. We have also learned how to eat healthy
and that there are foods that we think are healthy and are quite the
opposite.