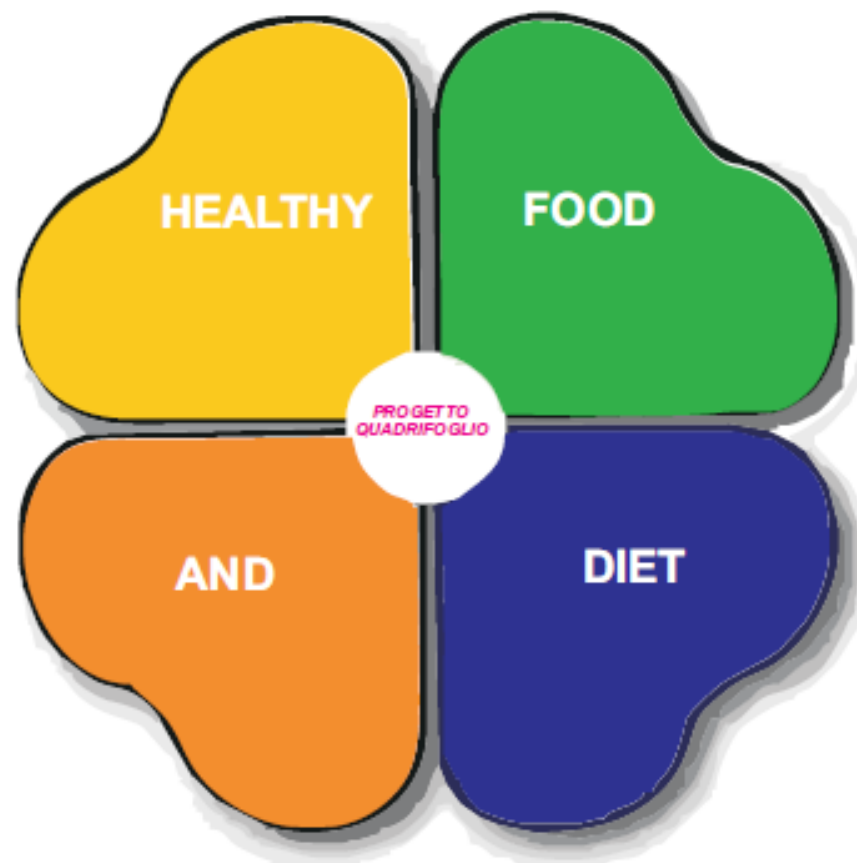


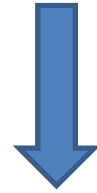
**I.C. «E. FALCETTI» di APICE**  
**Scuola Secondaria di 1° Grado**



**CLASSE 2<sup>A</sup> A**  
**SEDE DI PADULI**

*Con il patrocinio dell'ASL Benevento 1*

# DIET



## HEALTHY



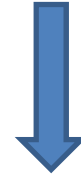
IT GIVES MORE  
ENERGY

## PROTEINS



With them we grow  
and we develop

## VITAMINS



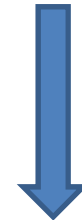
They're vital for  
our body

## ESSENTIAL FATS



Omega fats can  
build healthy cells

## CALCIUM



It rends bones and  
teeth stronger

# CARBOHYDRATES

SIMPLE  
(Sugar)

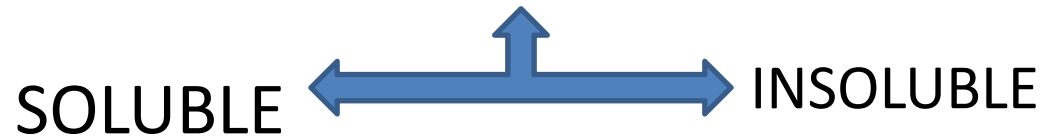


COMPLEX  
(Bread-  
potatoes...)

# FIBRE



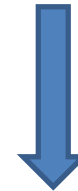
They come from plants



SOLUBLE

INSOLUBLE

# MINERALS



They're vital  
nutrients

## PHISICAL EXERCISE



It helps our heart and lungs



Oxygen goes in all body



It minimise stress

## BASAL METABOLIC RATE



It's the rate at witch all the reactions take place