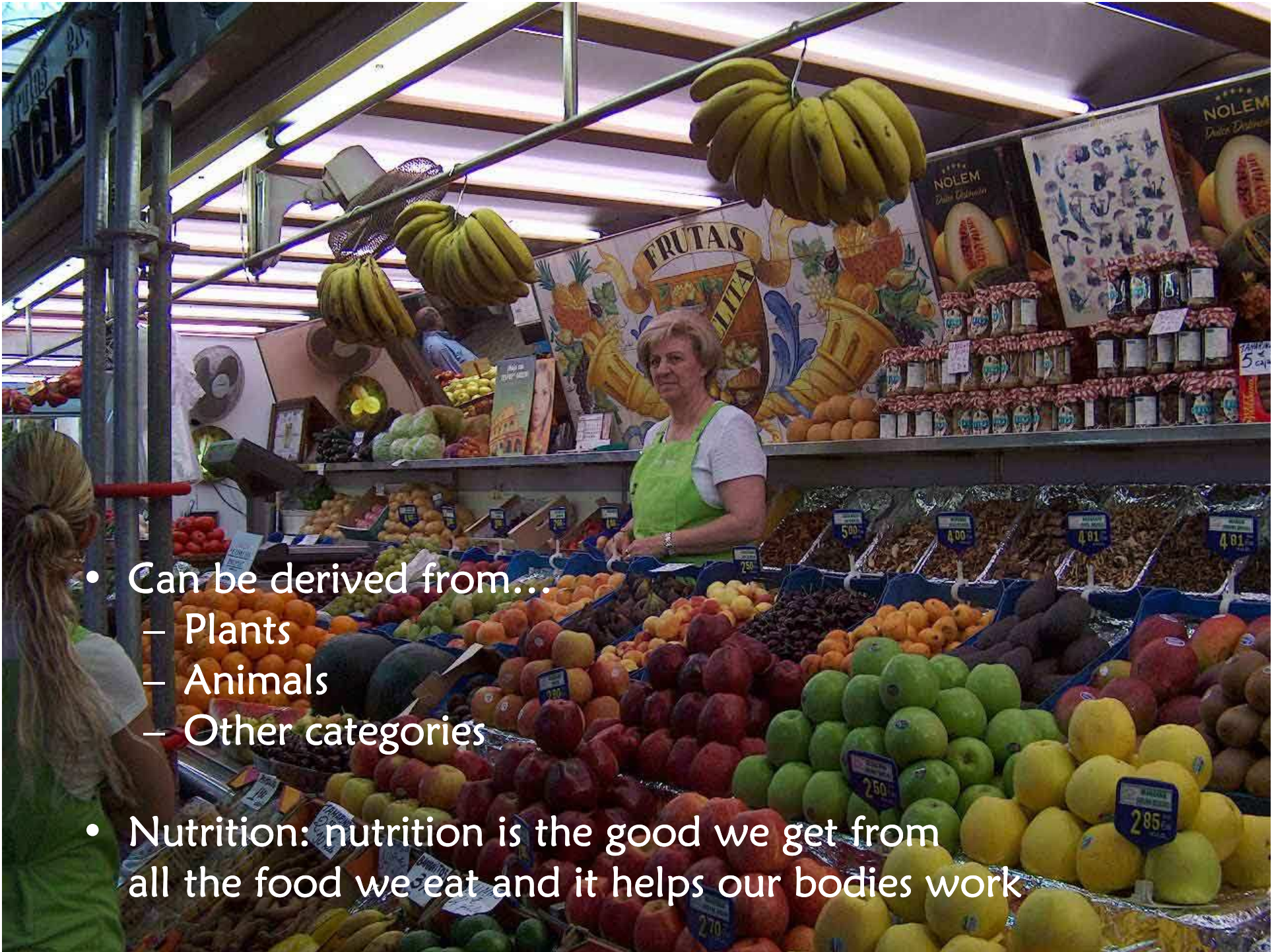




- **FOOD** is any substance composed of...
 - **Carbohydrates:** provide a source of energy
 - **Fats:** provide a source of energy and contain fat soluble vitamins
 - **Minerals:** required for healthy teeth, bones, muscles
 - **Proteins:** provide a source of materials for growth and repair
 - **Vitamines:** required in very small quantities to keep you helthy
 - **Fibre:** required to help your intestines function
 - **Water:** to clean our body





- Can be derived from...
 - Plants
 - Animals
 - Other categories
- Nutrition: nutrition is the good we get from all the food we eat and it helps our bodies work

- Malnutrition: fail to get all the nutrients that our body needs

- A person who suffers this can be catch diseases easier and it can effect to:

- Brain
- Eyesight
- Organs
- Height
- Weight
- Psychological diseases (dangerous, until might cause death):



- 
- Bulimia: excessive intake of food then try to compensate for abnormal behaviors such as: (usually girls)
 - Vomiting
 - Abuse of laxatives
 - Diuretics
 - Anorexia: decreased sensation of appetite.

– Causes:

- Obesity grade III
- Obesity grade II
- Obesity grade I
- Overweight
- Optimum weight
- Low weight
- Extrem thinness

– To control our weigh:

BMI (Body Mass Index) =
weight / height²

VALUES THE IMC

obesity grade III >40

35 obesity grade II 39.9

30 obesity grade I 34.9

25 overweight 29.9

20 optimum weight 24.9

18 low weight 19.9

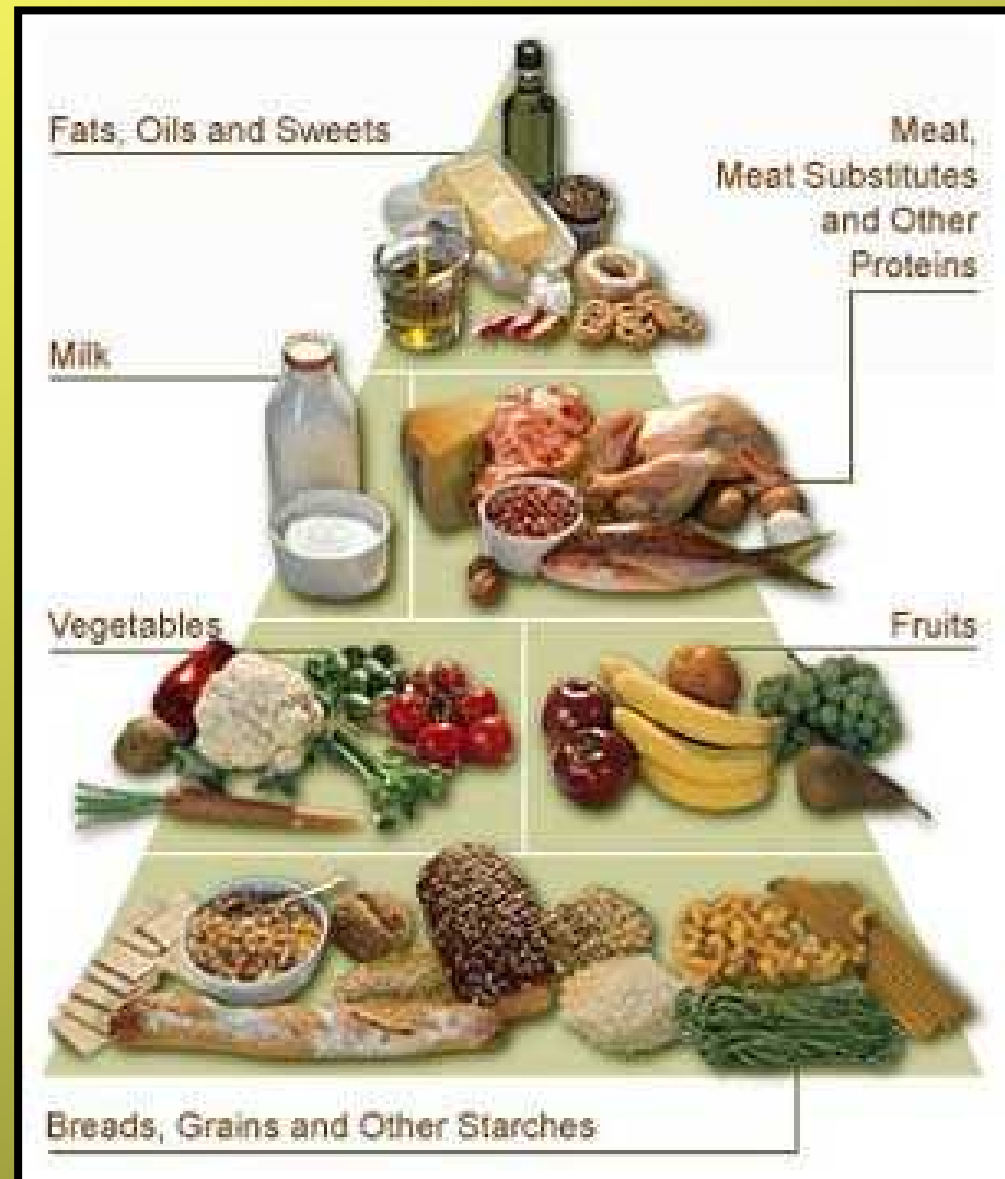
extreme thinness <18

- Advisable to do a balance diet, this means...

- do five meals a day
- Drink two litres of water
- Do exercise thirty minutes least to burn calories

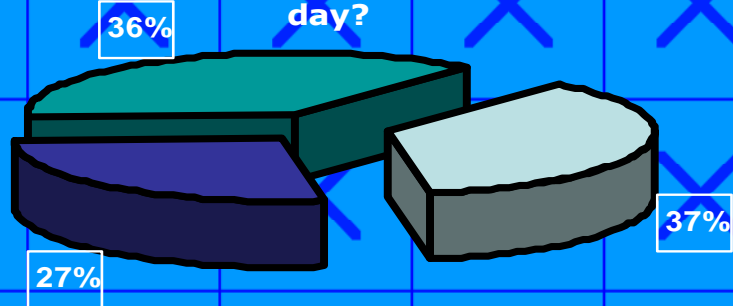
- Other advices:

- 6-11 servings of grain a day such as rice, bread, cereals, and pasta
- 3-5 servings a day of vegetables, especially green, leafy vegetables
- 2-4 servings of fruits a day
- 2-3 servings of meat, fish, eggs, nuts, or beans a day
- 2-3 servings of dairy products including cheese and yogurt every other day
- occasional use of fats, oils, and sweets



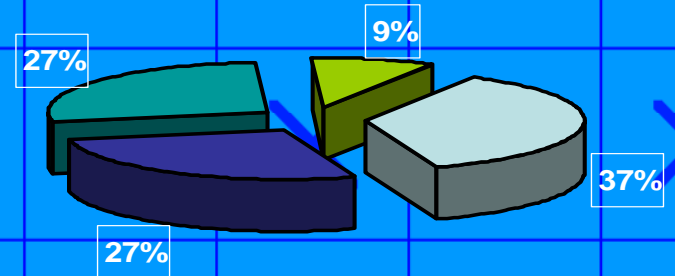
Our survey:

How many meals do you have a day?



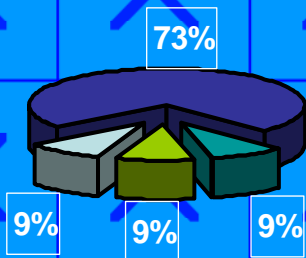
- Less than 3 or 3 meals
- 4 meals
- 5 or more meals

Do you do exercise to burn calories?



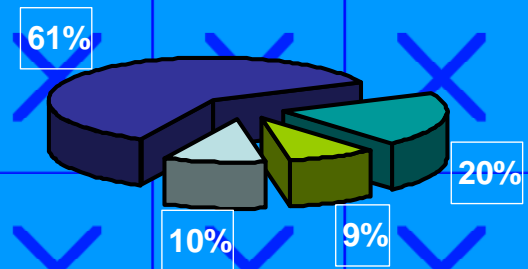
- Never
- Usually
- Sometimes
- Always

Do you worry about food?

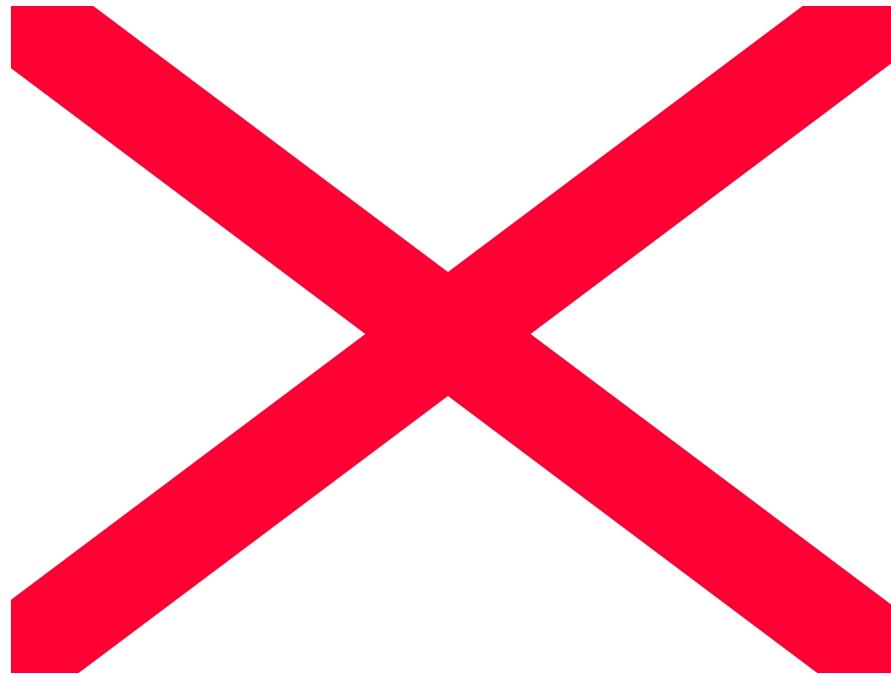


- A lot
- I don't think about eating
- Only when I eat too much
- Sometimes

How much water do you drink a day?



- Less than 1l.
- 1l. - 2l.
- More than 2l.
- Nothing



- Our opinion: you must do a balance diet, if you don't want have problems
 - One advice: is better to look after of yourself because doing a diet you'll get tired easily

