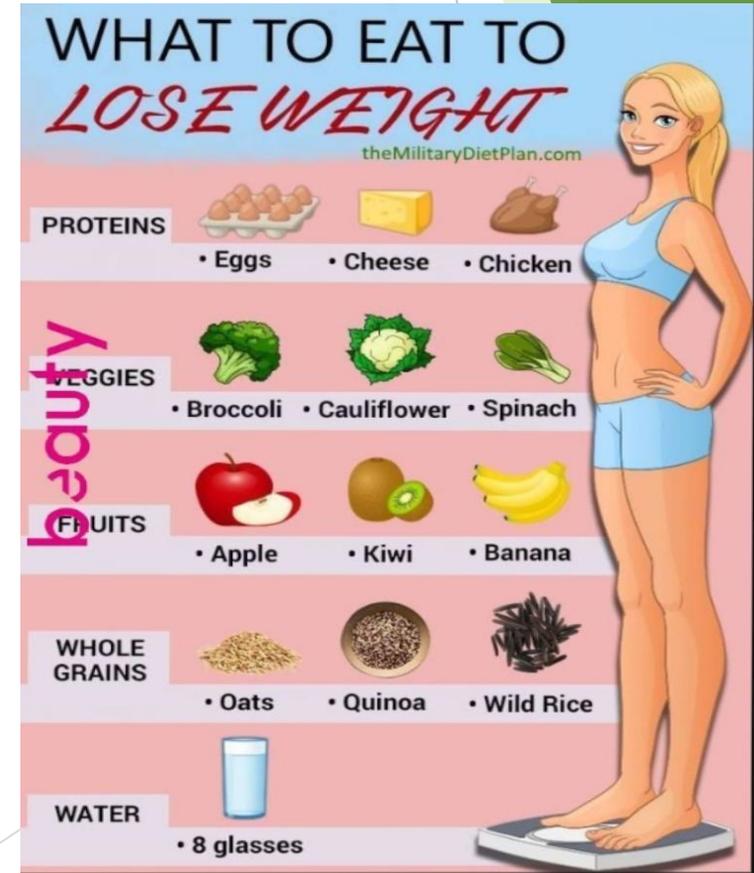


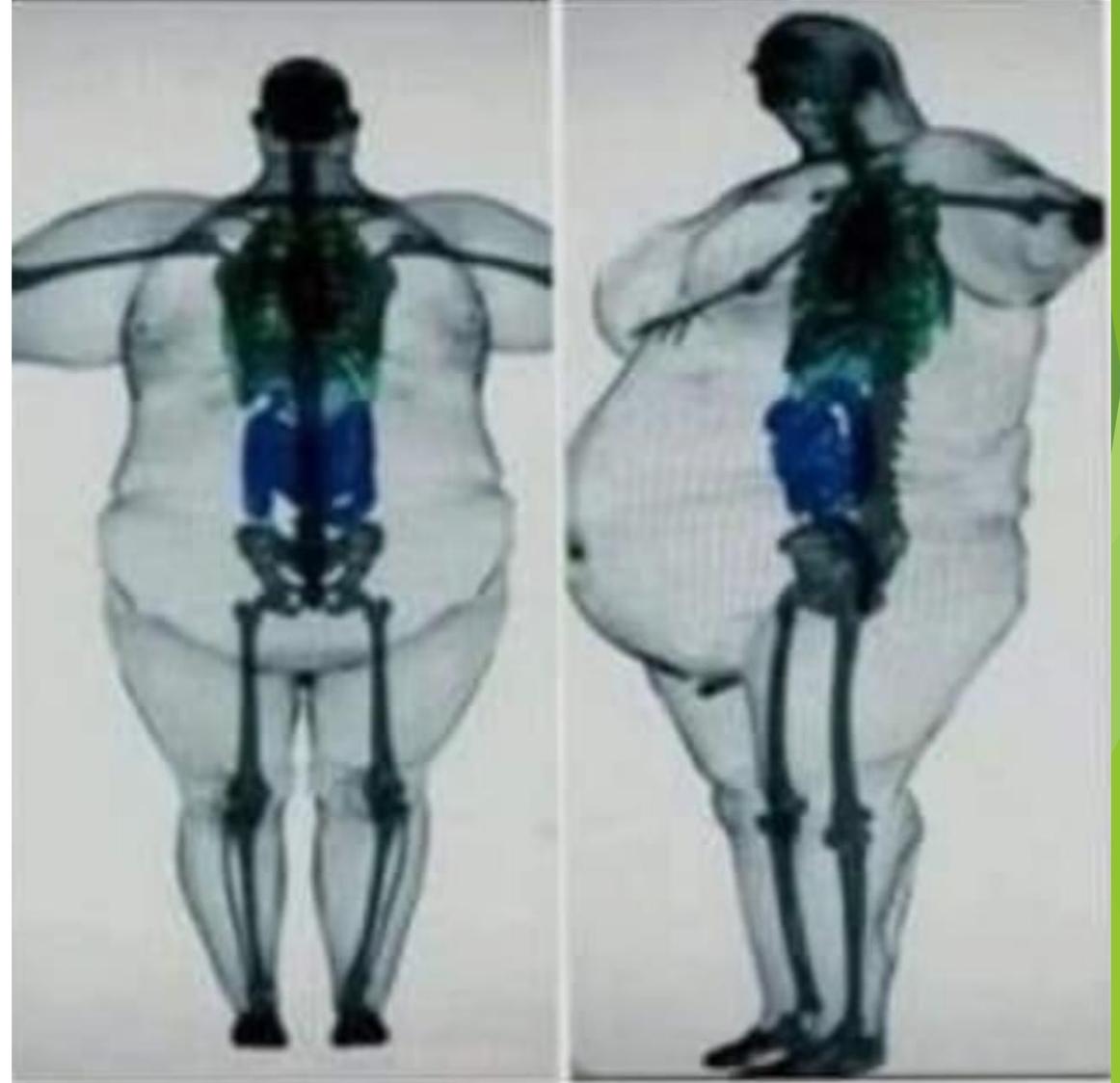
Healthy food and healthy living

Obesity is the problem of most people in this world. Now I'm going to show you why healthy food is important and why we should eat it.



Why a healthy diet is important

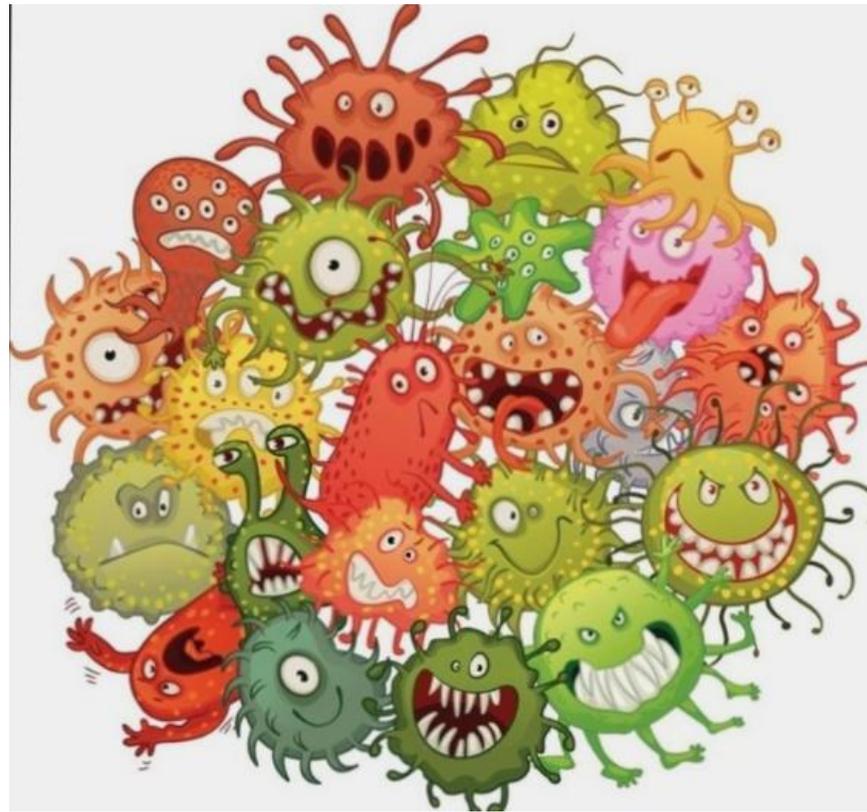
1. TO BE HANDSOME
2. SO WE DON'T HAVE EXCESS FAT IN THE BODY
3. FOR YOUR HEALTH
4. NICE SKIN
5. STRONG IMMUNE SYSTEM



The Pyramid of Healthy Eating



Because of a lot of sweets, fizzy drinks or fast food, all sorts of diseases are created in our bodies.



Fruits and vegetables contain a lot of vitamins.

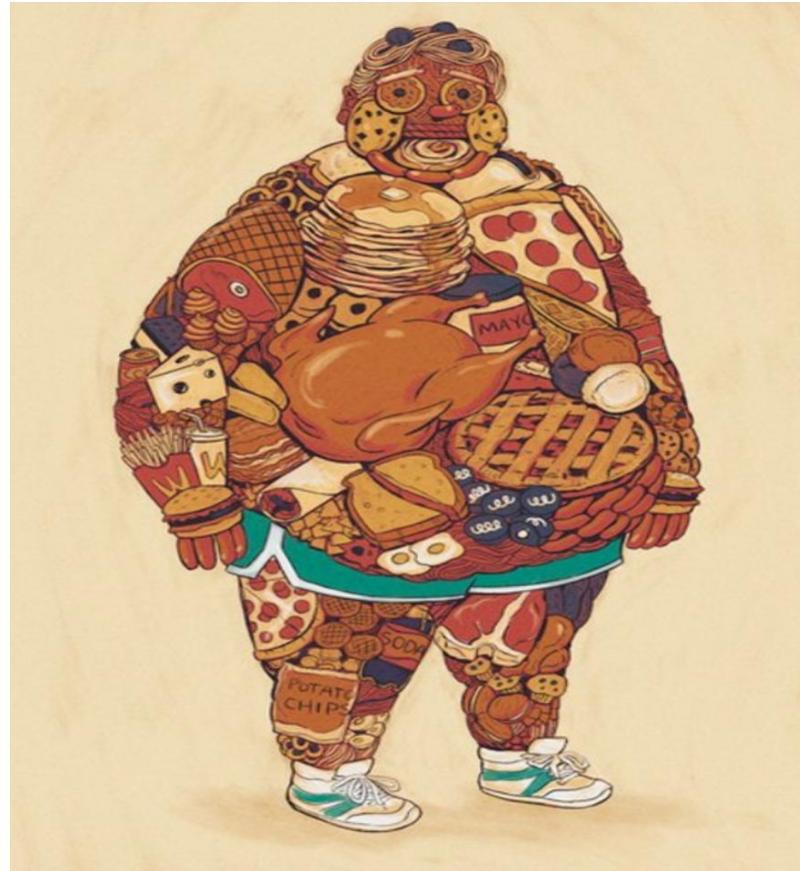
We need eight to nine hours of sleep.

Constant movement

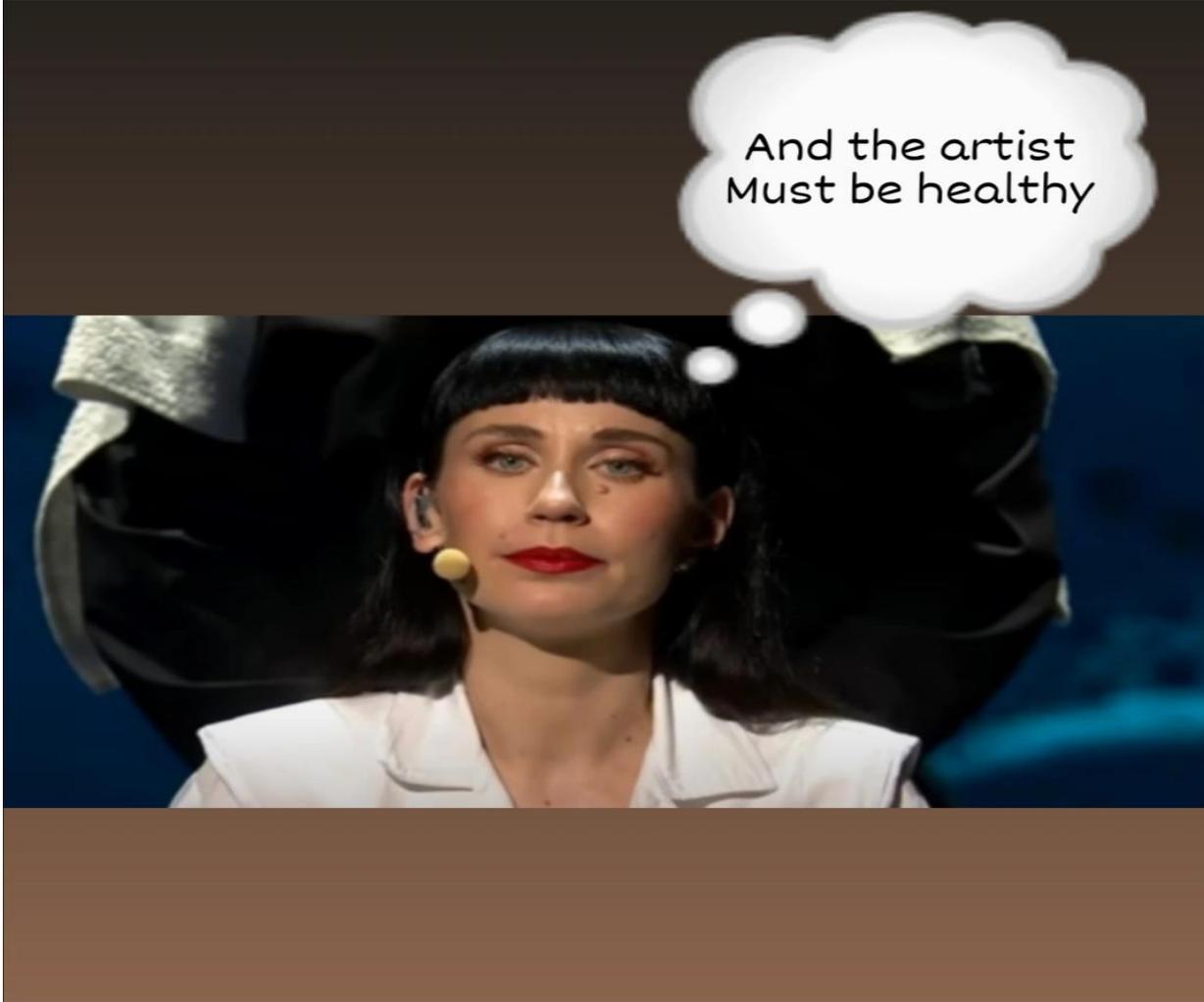
Avoiding junk food.

Doing some physical activity.

Children are mainly victims of peer violence at school due to obesity. Usually that teasing ends with an obese person losing weight.



And the artist
Must be healthy



This is the end of the presentation, I hope you enjoyed drinking more water, eating healthy food and playing sports.

