



FOOD

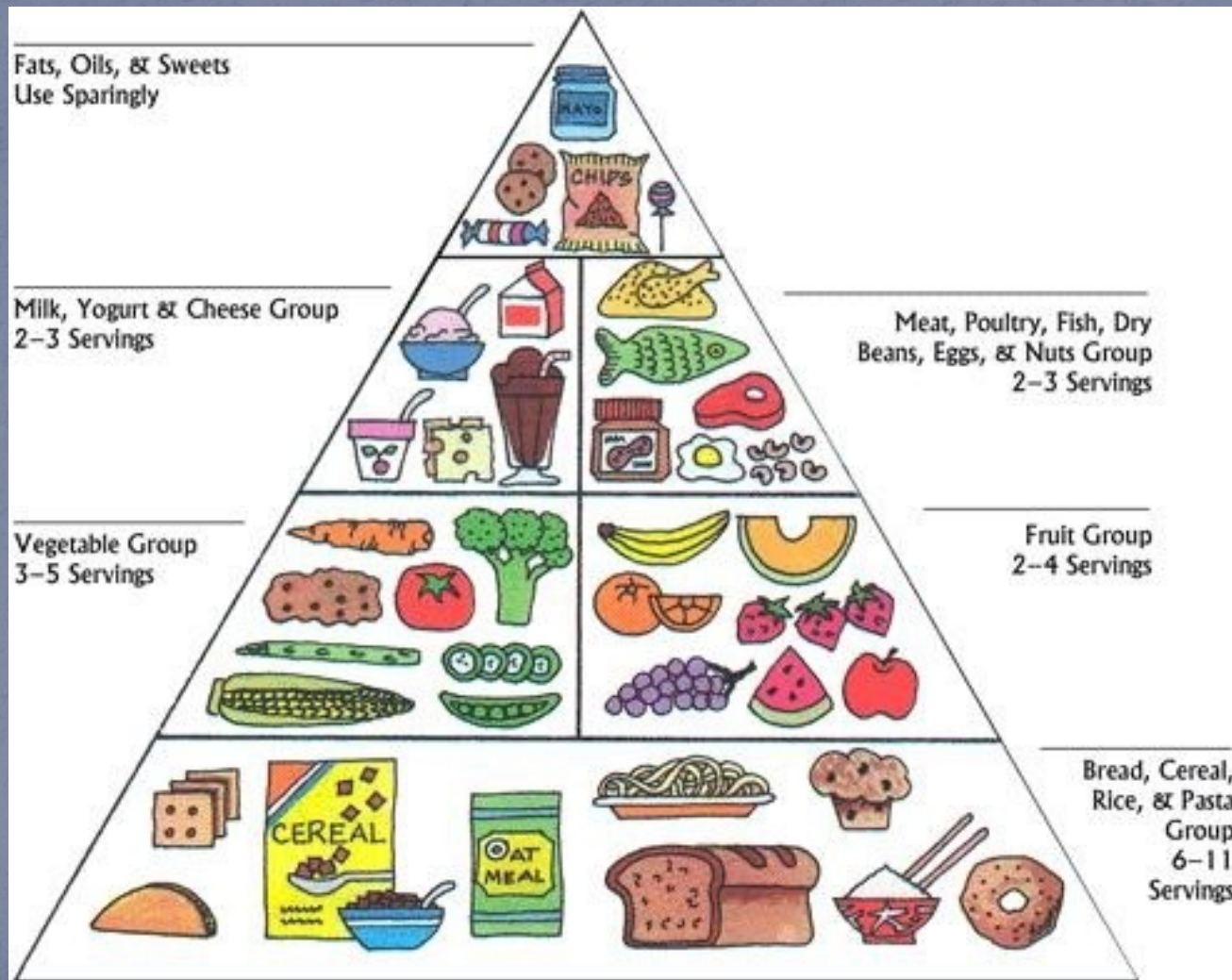
Naredil:
Profesor:



- Food is any substance consumed to provide nutritional support for the body.
- It is usually plant or animal origin.
- Every food contains essential nutrients, such as fats, proteins, vitamins, or minerals.



FOOD PYRAMID



FATS

- Fats are important for proper body building and for metabolism.
- Fat-free body could not accept vitamins
- Fats are in animal food, vegetables (oil) and nuts



CARBOHYDRATES

- Carbohydrates are the main source of energy for our body
- Carbohydrates are the main culprit for excess weight
- Carbohydrates are in bread, rice, ..



Proteins

- Protein prevents entry of bacteria in our body
- Proteins are important for building muscles
- Proteins are in milk, meat, cheese,...



ENGLISH FOOD



ENGLISH DRINKS



ENGLISH BEER

- Beer in England has been brewed for hundreds of years. As a beer brewing country, England is known
- English beer styles include bitter, mild, brown ale, old ale, Stout, porter and India Pale Ale were also original

