

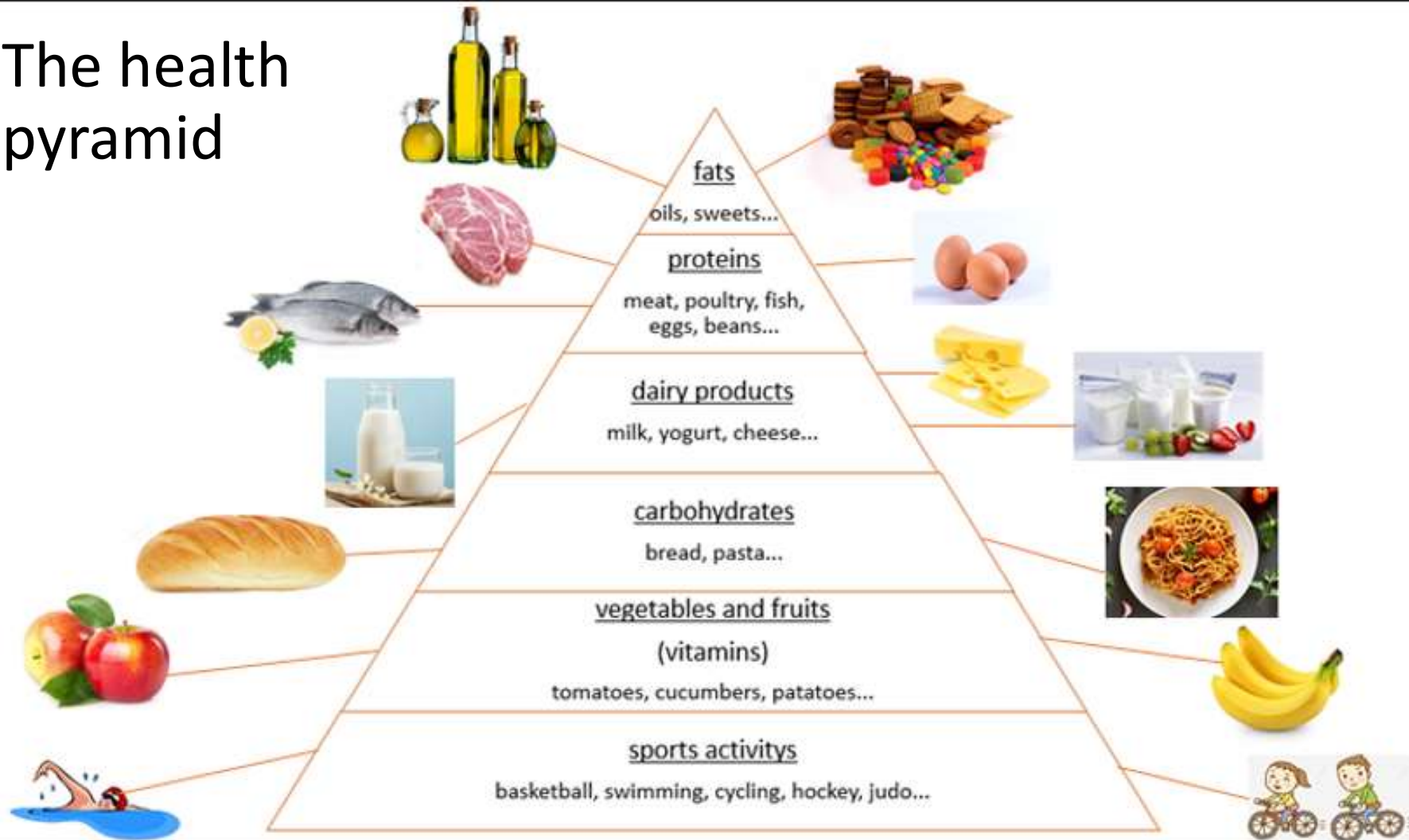


logo



Keep Healthy

# The health pyramid

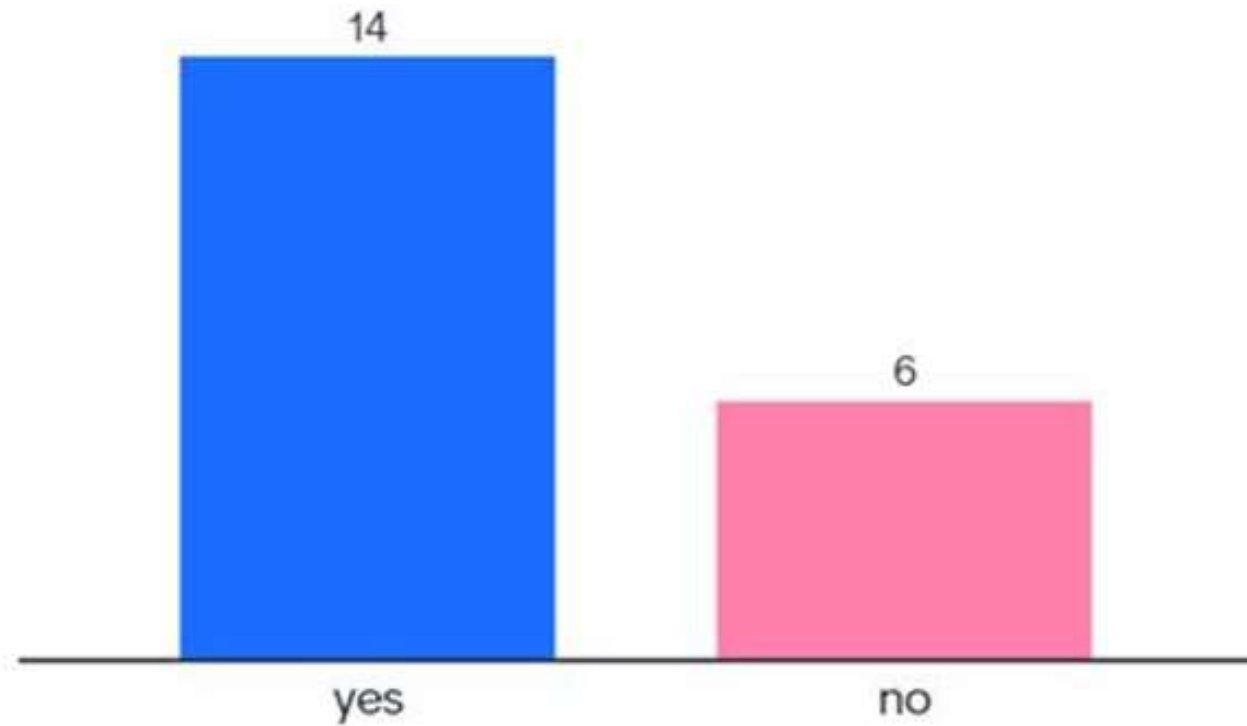


The health pyramid consists of fats, proteins, dairy products, carbohydrates, vegetables and fruits, sports activities. The most important thing is sport.

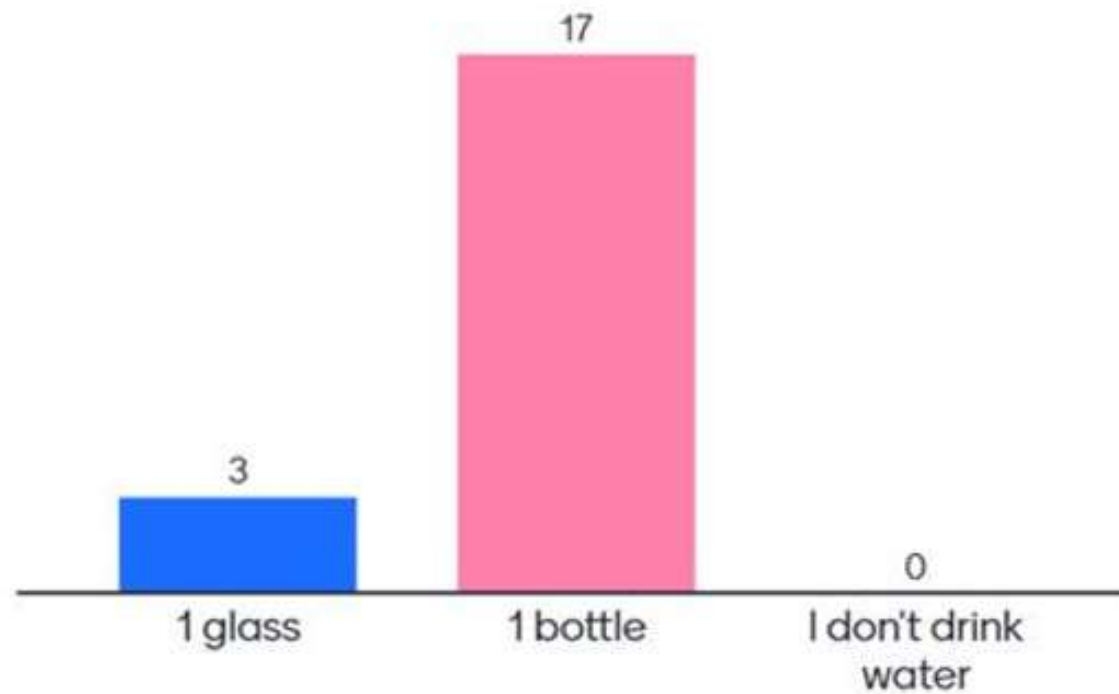


# Questionnaire

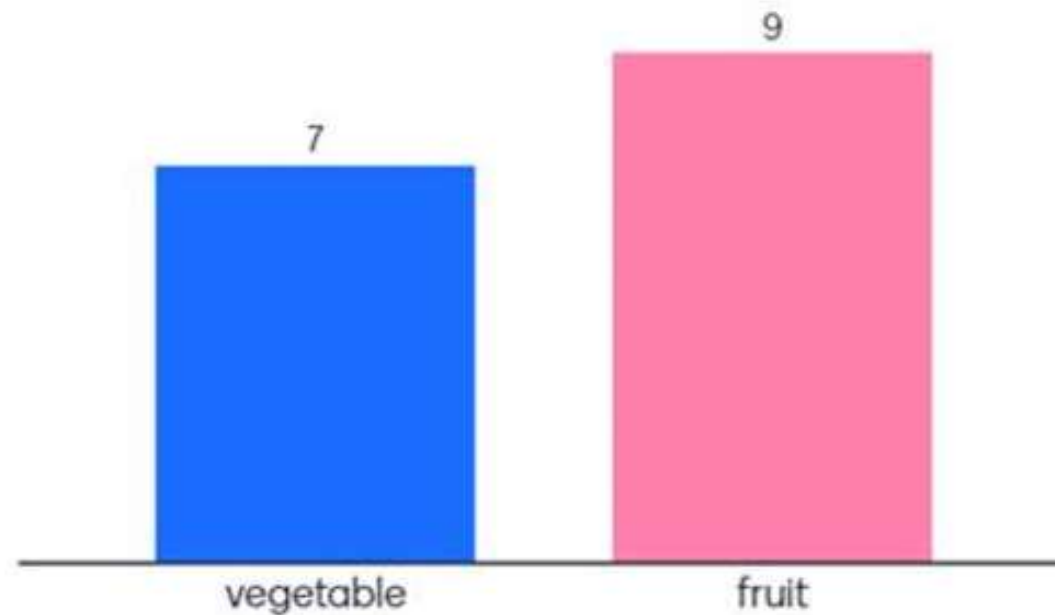
# Do you eat healthily?

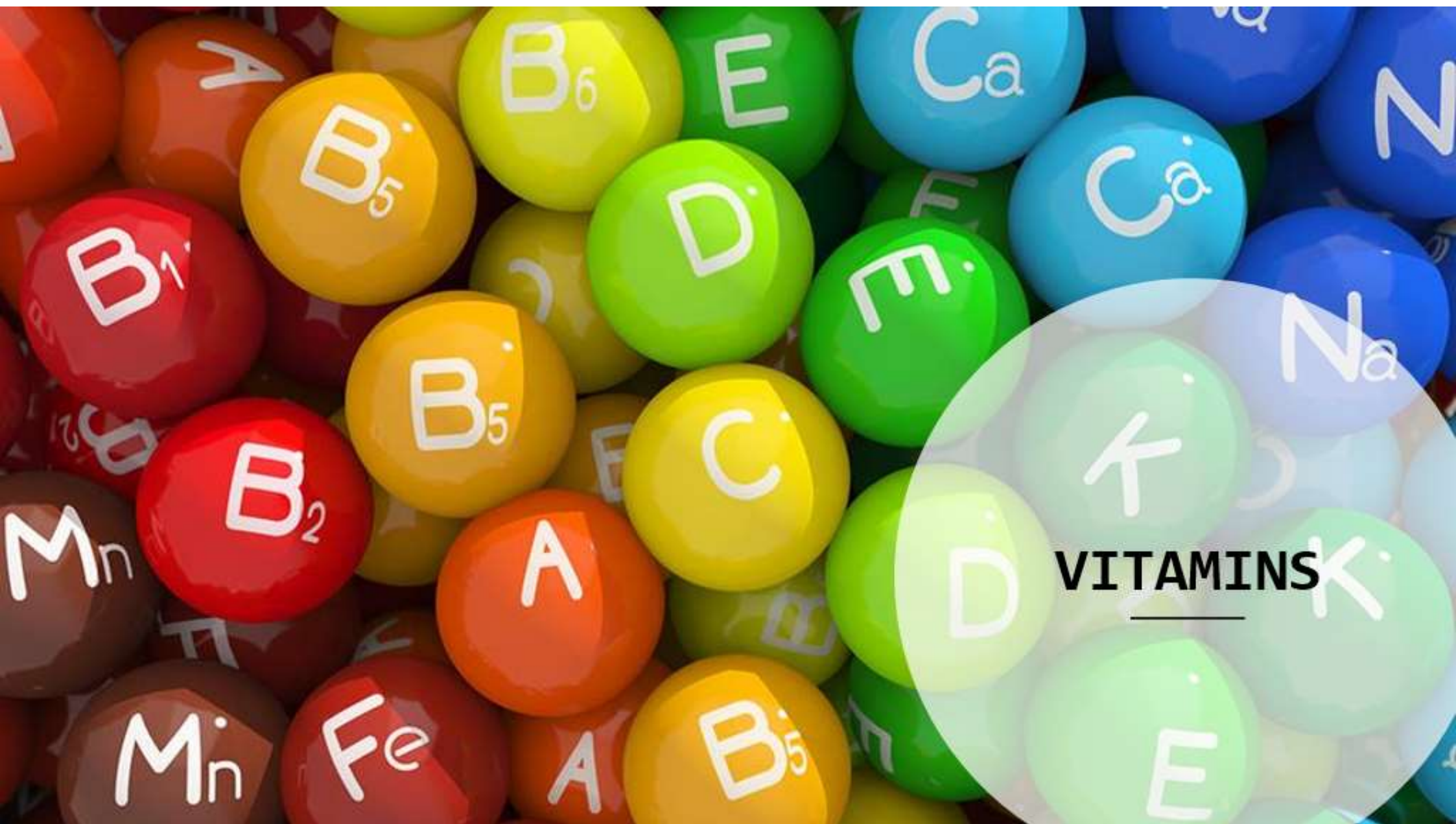


How much water do you drink per day?



Do you eat more vegetables or fruit during the day?  
?





## What are vitamins?

Vitamins are chemicals that the organism needs to function properly

They are necessary for us in small amounts so that many metabolic processes could take place in our body

The human body cannot produce most of them on its own so they must be provided with food - from plants or meat





## More about vitamins

In order to provide all the vitamins our diet should be balanced and rich of vegetables and fruits

If the level of vitamin content in our body is too low, we can take it in the form of a supplement

Too little of a vitamin in our organism can be as dangerous as too much of it

Examples of  
vitamins and  
their sources





Food, that inspired artists

A close-up photograph of a wooden cutting board filled with various types of cheese. In the center, there is a wedge of cheese with a dark, possibly black, rind and a bright yellow-orange interior. To its left is a piece of blue cheese with prominent blue-green veins. Above the central wedge is a slice of Swiss cheese with large, distinct holes. To the right of the central wedge is a long, thin slice of a pale, soft cheese. Below the central wedge is a piece of cheese with a yellow rind and blue-green marbling. In the bottom left corner, there is a piece of light-colored, soft cheese. The background is a light-colored wooden surface.

# 1. Cheese

## “Still life with cheese” Floris Van Dyck, 1615y.

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- "Breakfast piece" is the name of a type of still life that originated in 1610 in Haarlem and Antwerp. Floris Van Dyck was one of the first to draw these "breakfast parts", tables served for one person, while the food on them is so plentiful that it could well feed a large company





## 2. Fruits and vegetables



Giuseppe Arcimboldo "Summer", 1573y.

- The Italian painter, decorator, mannerist, Giuseppe Arcimboldo was one of the most remarkable scoffers of his time. He created portraits, but in a way that no one else had done before. His portraits can be safely called still lifes, because the "faces" on them are collected, like a mosaic, from fruits, vegetables, bird feathers, fish fins, mushrooms and grass. Renaissance people loved puzzles, riddles and all kinds of oddities, so Arcimboldo was not weirder, but simply indulged in the tastes of his time.



Thanks for  
watching!

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