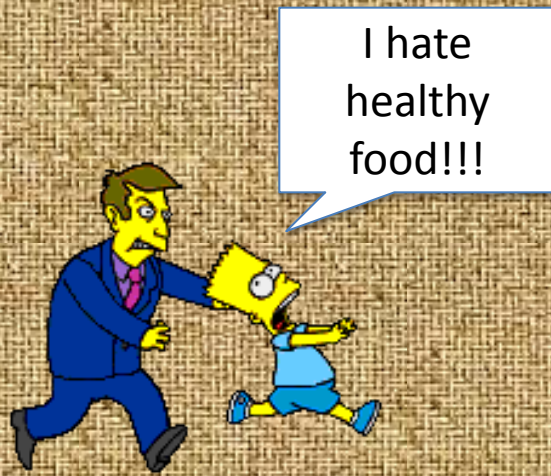


BUY ALWAYS
HEALTHY
FOOD





write 10 times:
"I love healthy food"



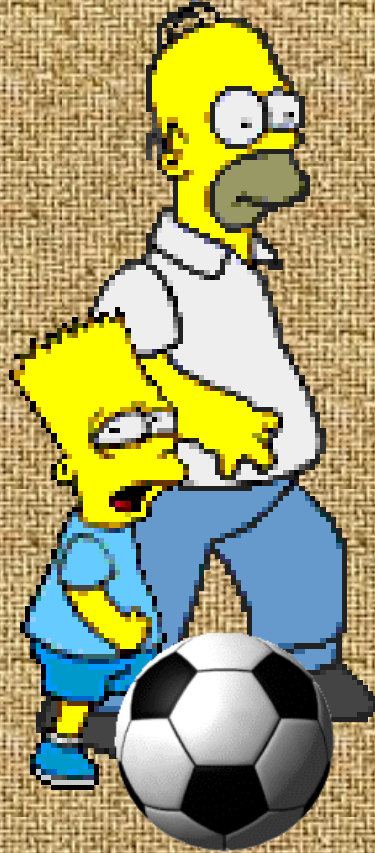
No way ..., children
you must eat healthy
food...



I am describing
healthy habits...



❖ do physical activity...



Ehi Smiters, do you
know that foods
contain of vitamins,
proteins, carbs, sugars
and fats?





We give
energy!!



VITAMINS

are hidden in fruits and
veg.





PROTEINS

are hidden in eggs, poultry, fishes, meat.....





Italians eat a lot
of carbs!!!

CARBS

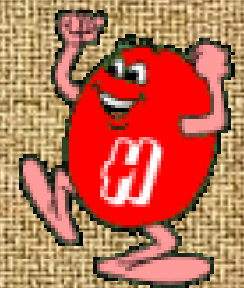
are hidden in potatoes, pasta
and bread.



DANGER!!!!
KEEP OUT



SUGARS AND FATS
are HIDDEN EVERYWHERE





This is the Healthy Food Pyramid

LOOK AT THESE advices AND
WATCH PORTION SIZE



Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt, & Cheese
Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs, & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
& Pasta Group
6-11 SERVINGS

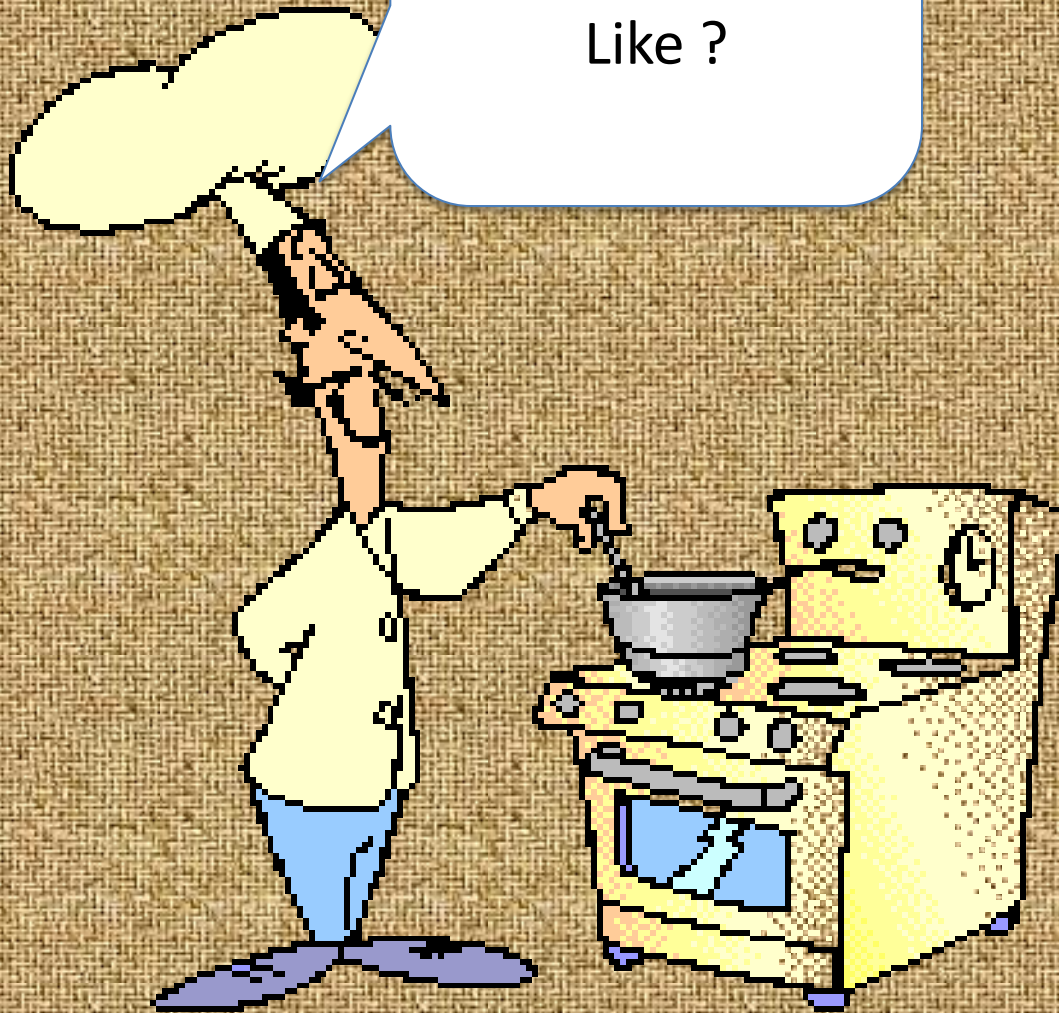


**LOOK AT THE PORTIONS
AND THE GROUPS**

My eatwell palte looks like that:



What's your
dairy diet
Like ?





THIS IS THE MEDITERRANEAN DIET PYRAMID

The Mediterranean Diet Pyramid is a **nutrition guide** that was developed by Oldways, the Harvard School of Public Health, and the World Health Organization in 1993. It refers to the traditional Mediterranean Diet pattern of eating, suggesting the types and **frequency of foods** that should be enjoyed every day.

I am talking about
Italian meals

OK!!!





At breakfast Italian people usually have:
biscuits with milk and some yoghurt
a little Nesquik (cocoa) in their milk.



SPAGHETTI
AND PASTA
Italians eat
a lot of
pasta

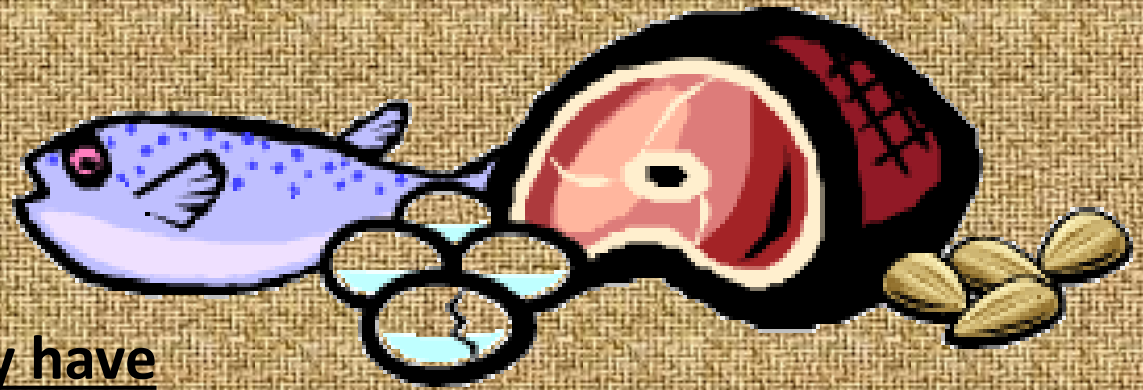


Italian people usually have a big lunch
with :
pasta or spaghetti
salad and meat



afternoon Break TIME
we have

a snack
a sandwich
brioche with a yoghurt



- At dinner they have

meat or fish
salad or other veg

Would you
describe your
meals?





Italy the homeland of PIZZA

Pizza is an oven-baked flat bread generally topped with tomato sauce, cheese and condiments. The modern pizza was invented in Naples, Italy, and the dish and its variants have since become popular in many areas of the world. In 2009, upon Italy's request, Neapolitan pizza was safeguarded in the European Union as a Traditional Speciality Guaranteed dish.

NUTELLA

**is the brand name of
an Italian sweetened hazelnut
chocolate spread.
Manufactured by
the Italian company Ferrero, it
was introduced to the market in
1964.**





nutella

Type: spread
Place of origin: Italy
Region : Piedmont
Creator: Ferrero SpA

Main ingredients

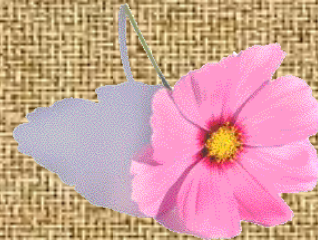
Sugar, palm oil,
hazelnuts, cocoa
milk powder





Nutella's creator died a few days ago. He was Pietro Ferrero.

All the world's crying.....



A world map is depicted where the landmasses are formed by bread slices. Each slice is spread with a thick layer of dark brown Nutella, while the surrounding ocean areas are left empty. The bread slices are arranged to match the geographical shapes of the continents, including North America, South America, Europe, Africa, Asia, and Australia. The entire map is set against a light beige background.

**All the people eat and love
nutella**



**The first Ferrero Factory was in Alba
(a small city in Piedmont), but today,
Ferrero Factories are all over the
world!!!**

I want
nutella!!!



 Somerset
(Stati Uniti)

Cork (Irlanda)



 Belsk (Polonia)


Arlon (Belgio)



 Stadthallendorf (Germania)

Villers Ecalles
(Francia)



 Italia

 Caguas (Porto Rico)

 Alba (CN)

 Pozzuolo Martesana (MI)

 S. Angelo dei Lombardi (AV)

 Balvano (PZ)

 Quito (Ecuador)

Pocos de Caldas (Brasile)



 Buenos Aires (Argentina)

Lithgow (Australia) 

Ferrero's Factory in the world...

Other Ferrero's Produce....



And a lot of others!!!

Have you ever tried
Ferrero chocolates?



enjoy your meal!!!





Bye Bye

made by:

- Saverio Forciniti (your penpal);**
- Lorenzo Abossida;**
- Fabiana Cariati;**
- Simona Falbo;**
- Graziella Parrilla;**
- Mario Giordano Bruno;**
- Pierfrancesco Forciniti;**
- Ludovica Abossida.**