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الوطنية الأرثوذكسية
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The National
Orthodox School
Shmaisani

Healthy Diet

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معتمدة من

Nutrients in food:

- 1- Carbohydrates.
- 2- Proteins.
- 3- Fats and oils.
- 4- Vitamins and minerals.
- 5- Dairy products.
- 6- Fibers.

Carbohydrates

- Bread, rice, cereal, pasta and potato.
- There are two types:
 - 1- Starches.
 - 2- Sugars.
- They provide energy.
- Too much can cause overweight.

Starchy Foods



Bread



Cereals



Pasta



Rice



Potatoes



Beans



Chestnuts

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Proteins:

- Chicken, meat, fish, eggs and beans.
- Important for growth, muscle and cell repair.

Foods High in Protein



Meat and fish



Cheese



Eggs



Beans



Bread



Hummus



Nuts and seeds

Fats and oils:

- Butter, nuts and oils.
- Stored as a reserve energy supply.
- Provides insulation against cold.
- Too much can cause weight gain and heart diseases.

Foods High in Fat



Fatty meats
and fish



Cheese



Butter



Avocado



Nuts and seeds



Chocolate

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Vitamins and minerals:

- Vitamin C: Boosts the immune system. Source ex: citrus fruits
- Vitamin D: For absorption of Calcium. Source ex: Sun and eggs.
- Vitamin E: For healthy skin. Source ex: nuts.
- Vitamin A: For vision. Source ex: Carrots.
- Iron: For healthy blood. Source ex: Meat and green leaves.
- Calcium: For strong bones and teeth. Source ex: Dairy products.
- Zinc: Boosts the immune system. Source ex: Fish.
- Potassium: Controls blood pressure. Source ex: Bananas.

Fibers:

-Fiber helps food to pass easily through the digestive system.

-Foods that contain lots of fiber are vegetables, fruits, beans, lentils, brown rice and whole- wheat bread.



Water:

-We need water because it has important functions in our bodies:

1- Water in sweat cools you down.

2- We need water for body processes such as digestion.

We need to drink 6-8 cups of water a day.



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Thank you