## Healthy way of life.



подготовила: ученица 5.1 класса МБОУ «СОШ №1 г.Анадыря» Айнафак Дарья

## Useful food.





# Menu.

Food should be useful and varied. For breakfast you can it fruit porridge and juice .For lunch first soup , second vegetables and compote. For dinner fish and salad.







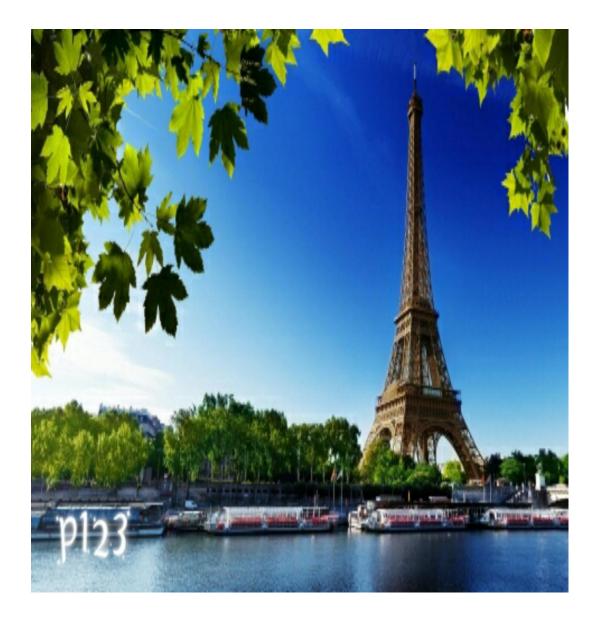


### Outdoors.



#### WALKING

Walking in the fresh air is very useful. To support health, you need to go out on the street at least 2 times.





Thank you for your attention! LOVE A HEALTHY LIFESTYLE