

Nutritious delicious eatings

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Breakfast

fruits like apples ,bananas are good for you!They have a lot of vitamins!



Don't eat instant noodles!Eat rice noodles,don't forget to put some veggies



Lunchtime

Eat some brown rice, they have dietary fibre!and they are good for your body



Eat some ,salmon they have omega 3!they are good for your eyes



Dinner

Eat some pork, they have iron and make you strong like dinosaurs



Carrots have carrotene to protect heart attacks!



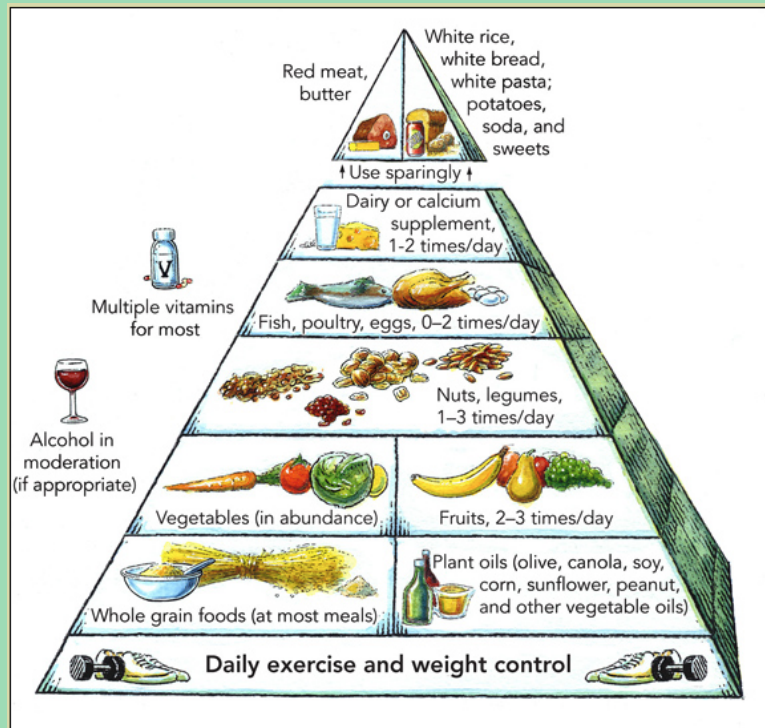
Afternoon tea



Eat some bread with
rasins, you can even put
some peanutbutter!



Meet the food pyramid !



I can help you choose healthy food

Vegetables and fruits are good for us



The end!