



Healthy food and its benefits

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- What is healthy food?
- Types of healthy food ?
- Benefits of eating healthy food ?



- Healthy food is something that is very important of our well-being and an all round feeling of good healthy food is rich in vitamins, minerals, proteins and it contains vital nutrients.



Healthy ingredients and substitutions

- The healthiest food you can buy - fresh fruit and vegetables - doesn't come with a label. Fresh ingredients won't list their nutrients, additives (or absence of) or boast that they're good for you (they don't need to).



Recipe

Borsch

- BORSCH IS A TRADITIONAL AND THE MOST IMPORTANT DISH OF UKRAINIAN CUISINE, AND IT IS MY FAVORITE DISHES !!!!
- INGREDIENT:
- three potatoes
- half a kilo of beef
- one onion
- one carrot
- one beetroot
- 300gr cabbage
- table spoons of tomato sauce
- a pinch of sugar
- salt (to your taste)
- sunflower oil
- dill or parsley



A close-up photograph of a green ceramic bowl filled with granola, fresh raspberries, blueberries, and sliced peaches. A stream of white milk is being poured from a yellow pitcher into the bowl, creating a splash. The background is softly blurred, showing more of the breakfast spread. The text "ENJOY YOUR MEAL)))))" is overlaid in the center of the image.

ENJOY YOUR MEAL)))))