

Kdu For Hearth

Milk, cheese,



yoghurt are good foods



are source of proteins and Milk products





Erasmus+



calcium



Milk is a good Souce of zinc



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Edu For Hearth

yoghurt are good foods Milk, cheese.



Milk products are source of proteins and calcium



Milk is a good Souce of zinc



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Milk, cheese,



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> Milk products are source of proteins and calcium

Milk products are source of proteins and

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Milk is a good Souce of zinc



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yoghurt are good foods

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Milk, cheese,

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Milk products are source of proteins and Milk products are source of proteins and calcium

Milk products

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are source of proteins and

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Milk is a good Souce of zinc

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Good tips Hygiene Food for

Wash hands before eating Wash vegetables and fruits in running water before consumption

good looking food products Eat only fresh and

Eat food product only during the shelf time mentioned on the Store perishable food in the refrigerator

Cook raw food before consuming it at high temperature

food is prepared and environment where serving dishes and surfaces and the Keep clean the

vegetables, fruit and chopping boards for Use separate

raw meat



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Good tips Hygiene Food for

Wash hands before eating Wash vegetables and fruits in running water before consumption

Eat only fresh and good looking food products Eat food product only during the shelf time mentioned on the

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Eat food product only

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Use separate



Erasmus+

Erasmus+

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When is food healthy?



keep food healthy

By practicing good tips of food hygiene.



necessary nutrients harmful germs and If it contains all toxic substances. and is free of



How we

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When is food healthy?

When is food healthy?

necessary nutrients harmful germs and If it contains all toxic substances. and is free of

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If it contains all

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and is free of



keep food healthy How we

By practicing good tips of food hygiene.

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keep food healthy

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By practicing good tips of food hygiene.

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When is food healthy?

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necessary nutrients harmful germs and

If it contains all and is free of toxic substances.



keep food healthy How we

By practicing good tips of food hygiene.

keep food healthy HOW WE

By practicing good tips of food hygiene.

Why is it

important to know about poisonig? food

It is important to know how to manage food poisoning to keep our body healthy.

oiSoning? manage How to food

Wash your hands before eating

Check the freshness of the food product Check the expiration you eat

date from the package

Clean vegetables and fruits by washing

Store separately vegetable and animal under running water before eating them

Cook your meal at suitable temperature food products

Store perishable food in the refrigerator as recommended

Throw away adulterated food that looks and smells not



Be healthy by eating healthy food !!

Edu For Hearth

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Be healthy by eating healthy Food !!

Be healthy by eating

healthy food !!

Edu For Hearth

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Food Poisoning? What is

A poisoned food contains germs like bad bacteria and toxins which cause us health troubles.

food poiSonig What are the most usuall causes

Harmfull bacteria like:

- Salmonella
- Listeria
 - Campylobacter
 Escherichia coli
 - Toxins from:
- Bacteria - Moulds
- Toxins born during food processing

food can look like a good food, although it Other times it can look Sometime a poisoned not good and smell a bacteria or toxins. contains harmful

food can look like a good food, although it contains harmful

poiSoned food?

How can we

Sometime a poisoned

Other times it can look

bacteria or toxins.

not good and smell a

little weird.

What happens if poisoned food?

What happens if

poisoned food?

A couple of hours after



eating a poisoned food

we started to











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Food Poisoning?

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most usuall food poisonig what are the

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most usual causes? Harmfull bacteria like:

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what are the

Harmfull bacteria like: causes?

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Toxins born during

Moulds

food processing

Pesticides

poisoned food? How can we

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What happens if

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possible must to

As soon as

feel sick.

ask the doctor







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poisoned food? How can we recognise

food can look like a good Other times it can look not good and smell a Sometime a poisoned bacteria or toxins. contains harmful food, although it

food can look like a good

food, although it contains harmful bacteria or toxins.

Sometime a poisoned

recognise poisoned food?

How can we

Other times it can look

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poisoned food we started to As soon as eating a feel sick.



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What are the most usuall food poisonig causes?

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poisoned food? How can we

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What happens if poisoned food?



possible must to we started to ask the doctor As soon as feel sick.



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Food Poisoning? What is

A poisoned food contains germs like bad bacteria and toxins which cause us health troubles

A poisoned food contains

Food Poisoning?

What is

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most usuall food poisonig what are the causes?

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most usual

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possible must to

As soon as

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ask the doctor





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Fruits are for you energy and









Do not forget! Fruits are angry if they are not consumed





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vitamins











Do not forget! Fruits are angry if they are not consumed









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Fruits are for

you energy vitamins

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Do not forget! Fruits are angry if they are not

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Do not forget! Fruits are angry if they are not

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cakes are tasty and funny

Homemade



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cakes are tasty and funny Homemade













cakes are tasty and funny Homemade

cakes are tasty and funny

cakes are tasty and funny

Homemade

Homemade



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Homemade





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cakes are tasty and funny



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Proteins from food

necessary for your growth.

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Choose meat with lower amount of fat.

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Choose meat with lower amount of fat.





























Salu For Hearth







Source of vitamins and

minerals

are Vegetables



In Soup or salad they are Source of health



are source of health

In Soup or Salad they





























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Source of vitamins and are important Vegetables minerals

Source of vitamins and minerals

are Vegetables



are source of health In Soup or Salad they

are source of health

In Soup or Salad they







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In Soup or salad they are Source of health

are source of health

In Soup or Salad they









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Source of vitamins and

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are Vegetables

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