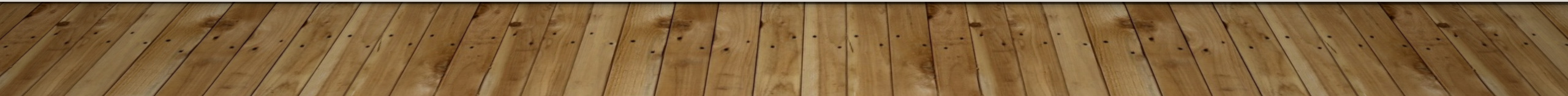


PHYSICAL EDUCATION

IES NARCIS MONTURIOL. 1º E.S.O



NUTRITION

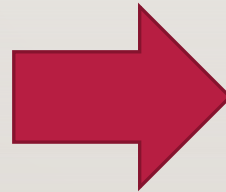
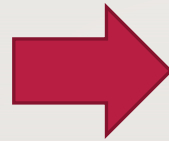
Según la OMS NUTRICIÓN es la ingesta de alimentos en relación con las necesidades dietéticas del organismo



DEBEMOS INGERIR LA CANTIDAD QUE NECESITAMOS

CARBOHYDRATES

THEY PROVIDE ENERGY. WE
NEED THEM EVERYDAY



FRUITS

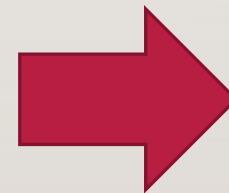
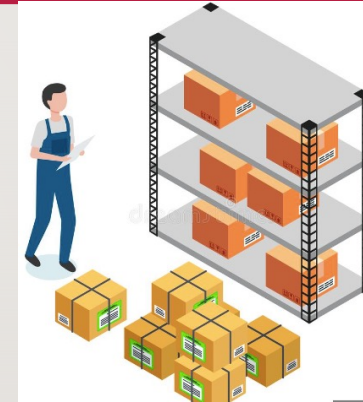
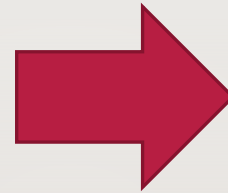
VEGETABLES

CEREALS

LEGUMES

FATS

THEY ARE NEEDED TO
STORE ENERGY. AND TO BE
HEALTHY



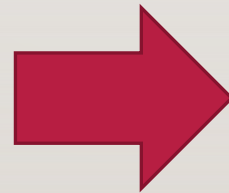
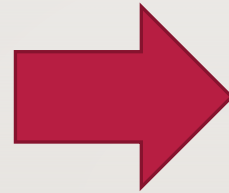
OLIVE OIL

NUTS

FISH

PROTEINS

THEY ARE NEED TO REPAIR
AND BUILD MUSCLE



EGGS

MEAT

MILK/CHEESE

HEALTHY HABITS. WORLD HEALTH ORGANIZATION

1. BALANCE DIET.
QUALITY/QUANTITY

2. DAILY EXERCISE

3. DON'T SMOKE

3. DON'T
DRINK
ALCOHOL

5. CONTROL BODY
WEIGHT (DOCTORS)

6. QUALITY
SLEEPING

7. MENTAL HEALTH