

What do you eat
Ghorme Sabzi
with?



yogurt



pickle



Shirazi salad

What do you eat
Kebab with?



yogurt



pickle



Shirazi salad

What do you eat
fish with?



yogurt

pickle



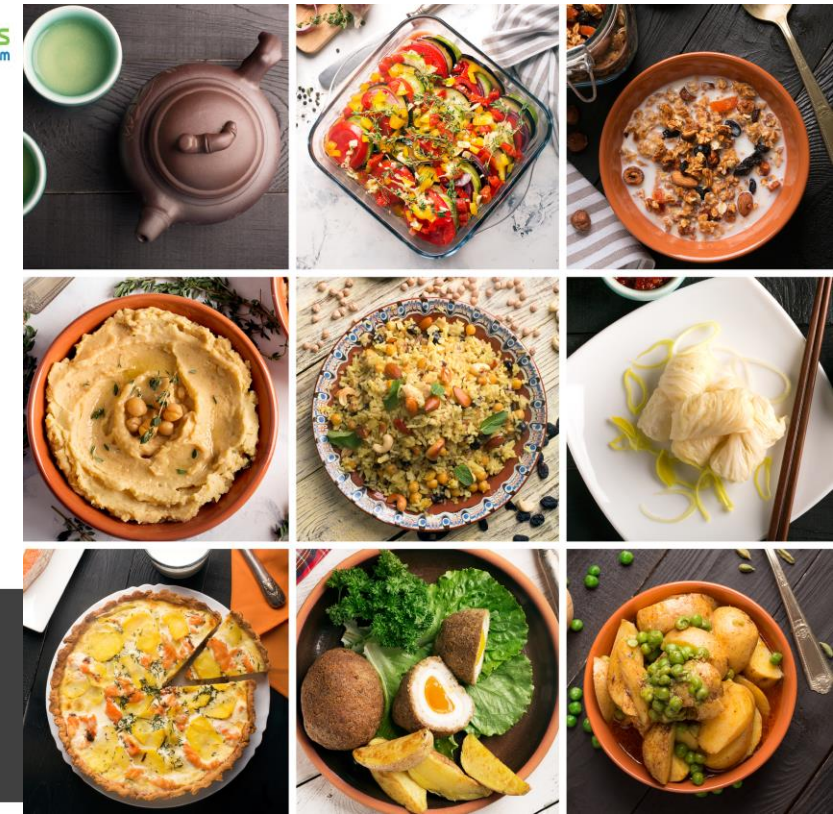
Shirazi salad



Why do we eat different foods?
Let's see why.

Different foods contain(have) different amounts of the important nutrients.

This is why we must eat different foods - not just one type of food.



Food types

dairy products

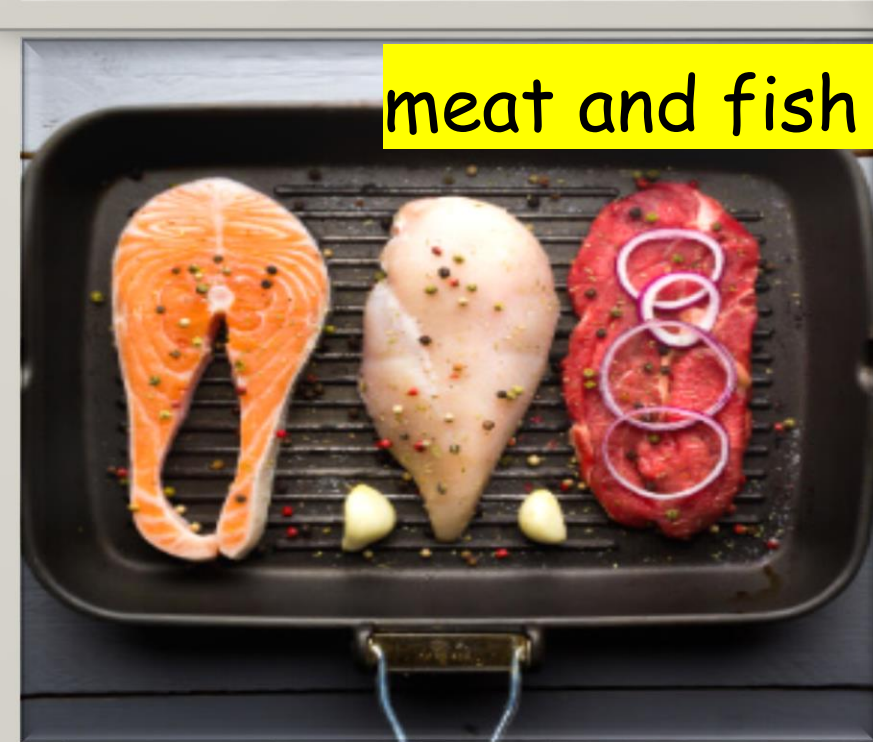


nuts



Sources of proteins are:

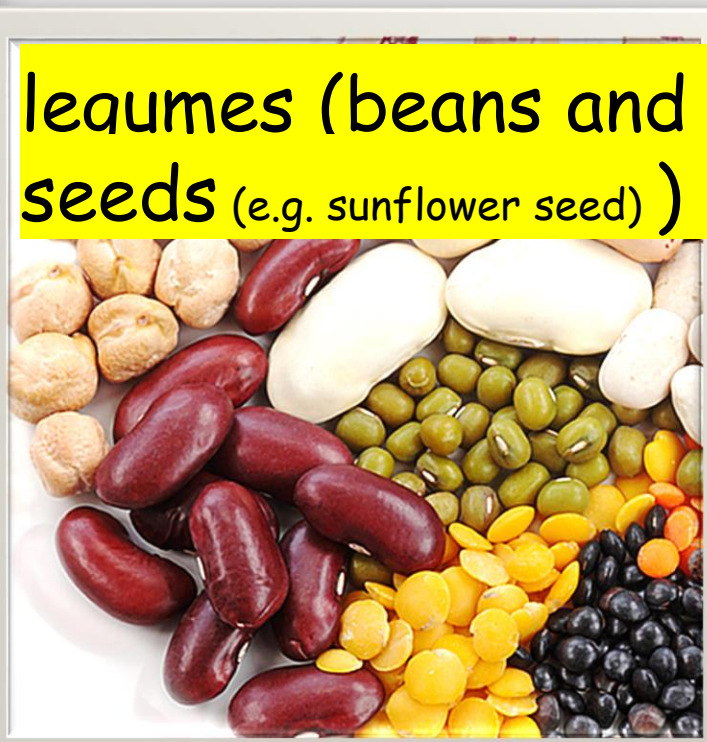
meat and fish



eggs



legumes (beans and seeds (e.g. sunflower seed))



Sources of fats are:

seeds



nuts



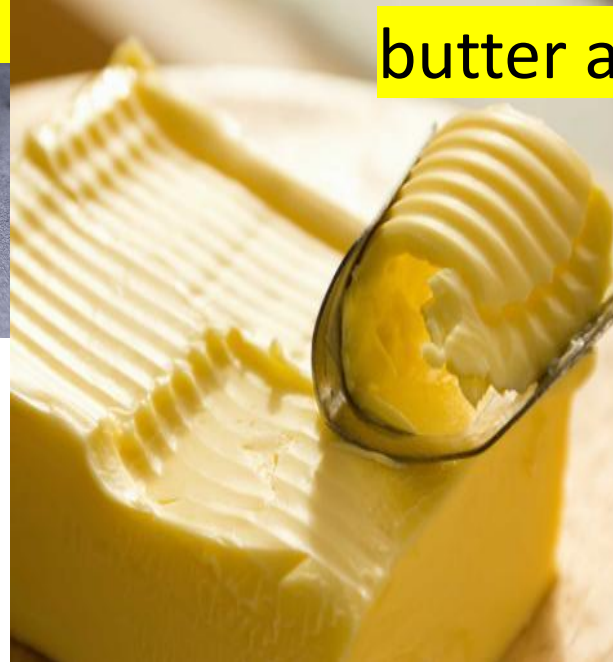
plant/vegetable oils



Fish and fatty meat



butter and margarine



root vegetables



Sources of carbohydrates are **starchy** foods such as

all the sweet foods



potato

cereals



rice/ bread/pasta



Sources of fats are:

Butter and margarine
Animal and plant oils
Fish and fatty meat
Nuts
Seeds

1



2



5

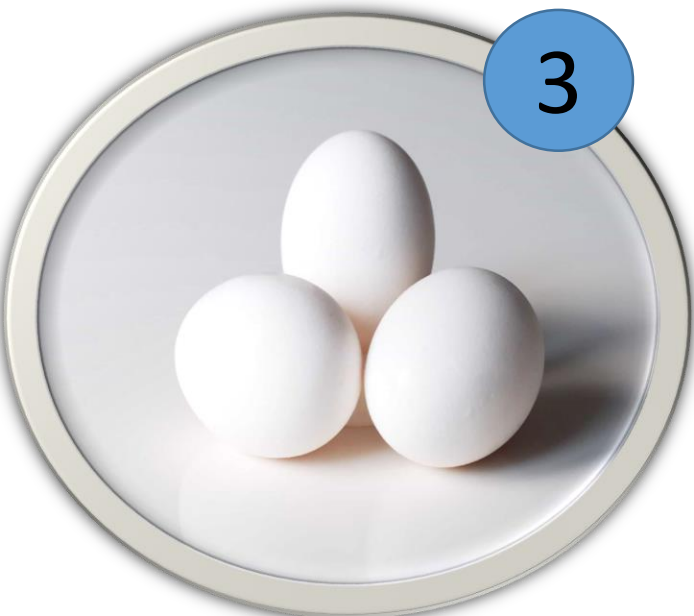
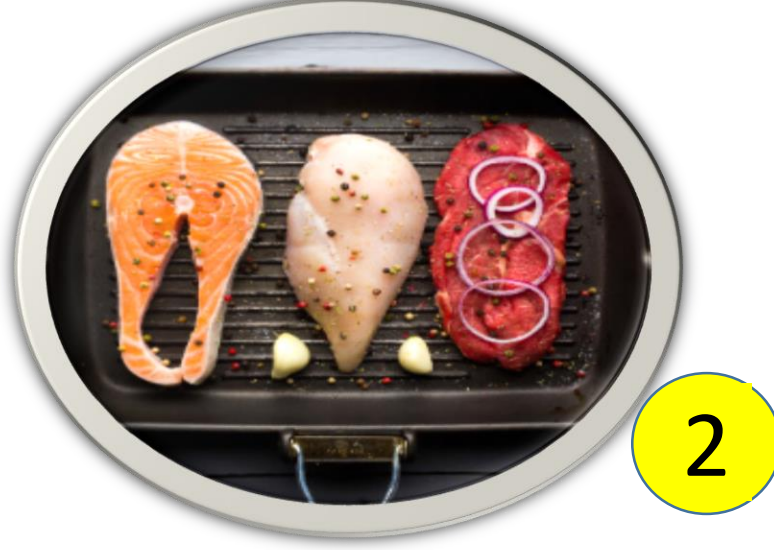


4



3





eggs
dairy products
meat and fish
legumes
nuts





1

Sources of carbohydrates:

rice/ bread/pasta



2

cereals

all the sweet foods

root vegetables



3

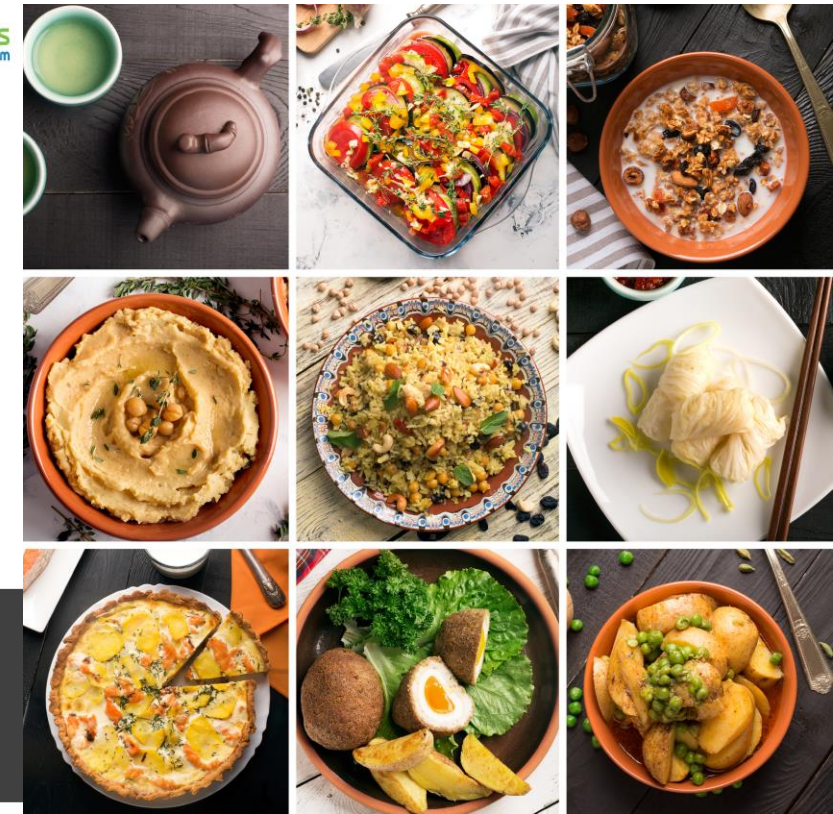


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Which one is not starchy?



Why must we eat different food?



Food types