

The first step is fats and sweet

It is the favorite one for all the children.

But it is the worst one.

They are very tasteful but they are very bad.

they make us fatter.

Protein

it is very important to eat this food every single day.

You should eat more fish and eggs than meat.

Dairy

We must eat this food from 1 to 3 times a day.

Fruit and vegetable

It help us to stay in shape and be strong.

Doctors recommend to eat fruit and vegetable five times a day.

Grains

They are very important , so we must eat them daily,

