



The Best Tip for Healthy Diet  
Cook It Yourself and Keep Away from Fast Food



# Poster Presentation



SZKOŁA  159  
PODSTAWOWA  
SIOSTRY URSZULANEK URZ.

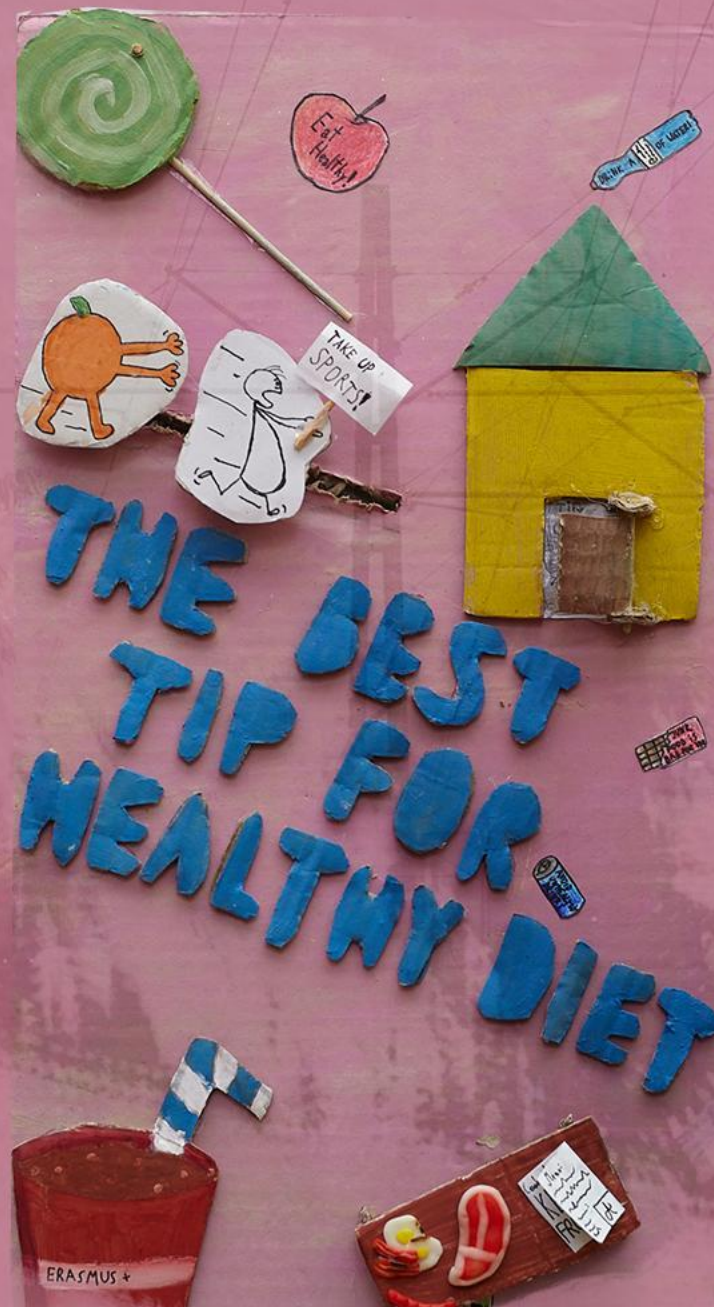


Erasmus+

lollipop

An Active Person  
that is so fit and crazy  
about healthy lifestyle  
that he turned into  
orange

a plastic cup with  
some liquid in it



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This is a common house.  
If you like yellow it is  
yours.

Here's a table with some food  
on it. You were in a hurry and  
decided to have a meal in a  
restaurant

# Let's have a better look at our project poster



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This yellow house is not only a place where you sleep, do your homework but it is also a place where you should cook for yourself

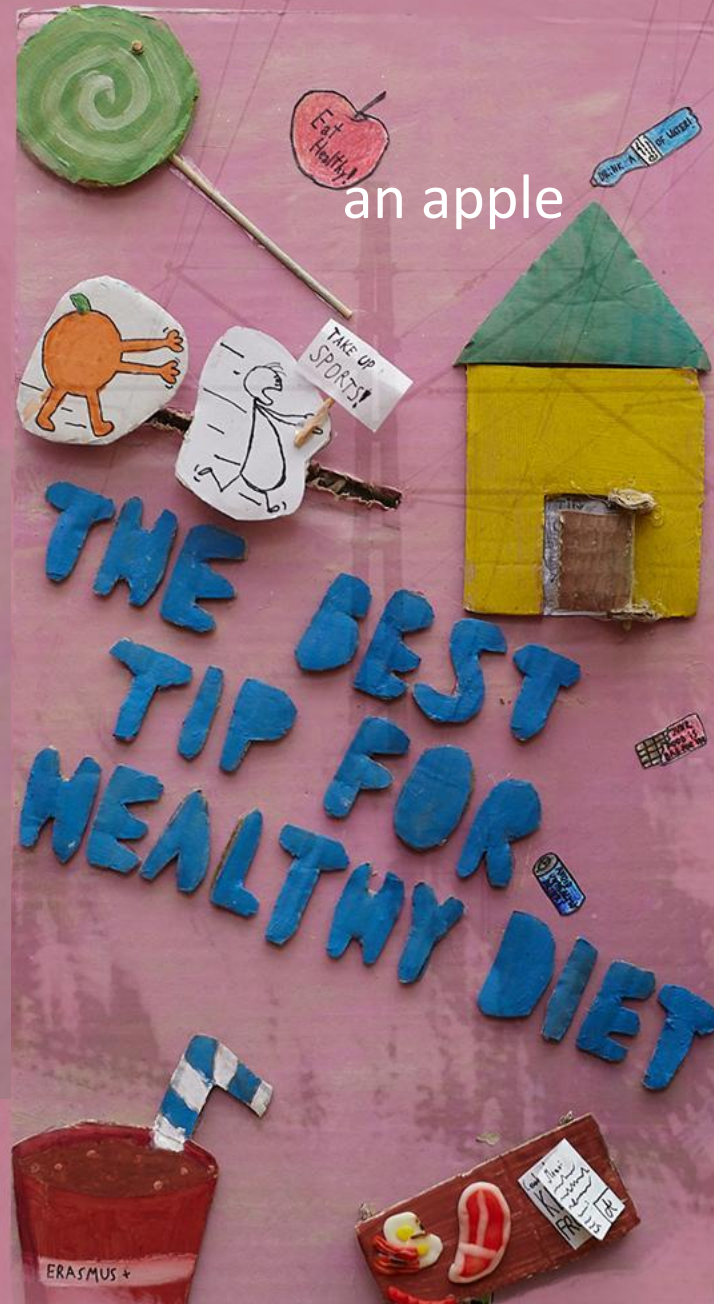
a lollipop



AVOID SWEETS

an apple

drop of water



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Lollipops are mostly sugar, and sugar isn't good for you. **It feeds bacteria that rot your teeth.** Lollipops can affect your health because they are worse than other sugary treats.



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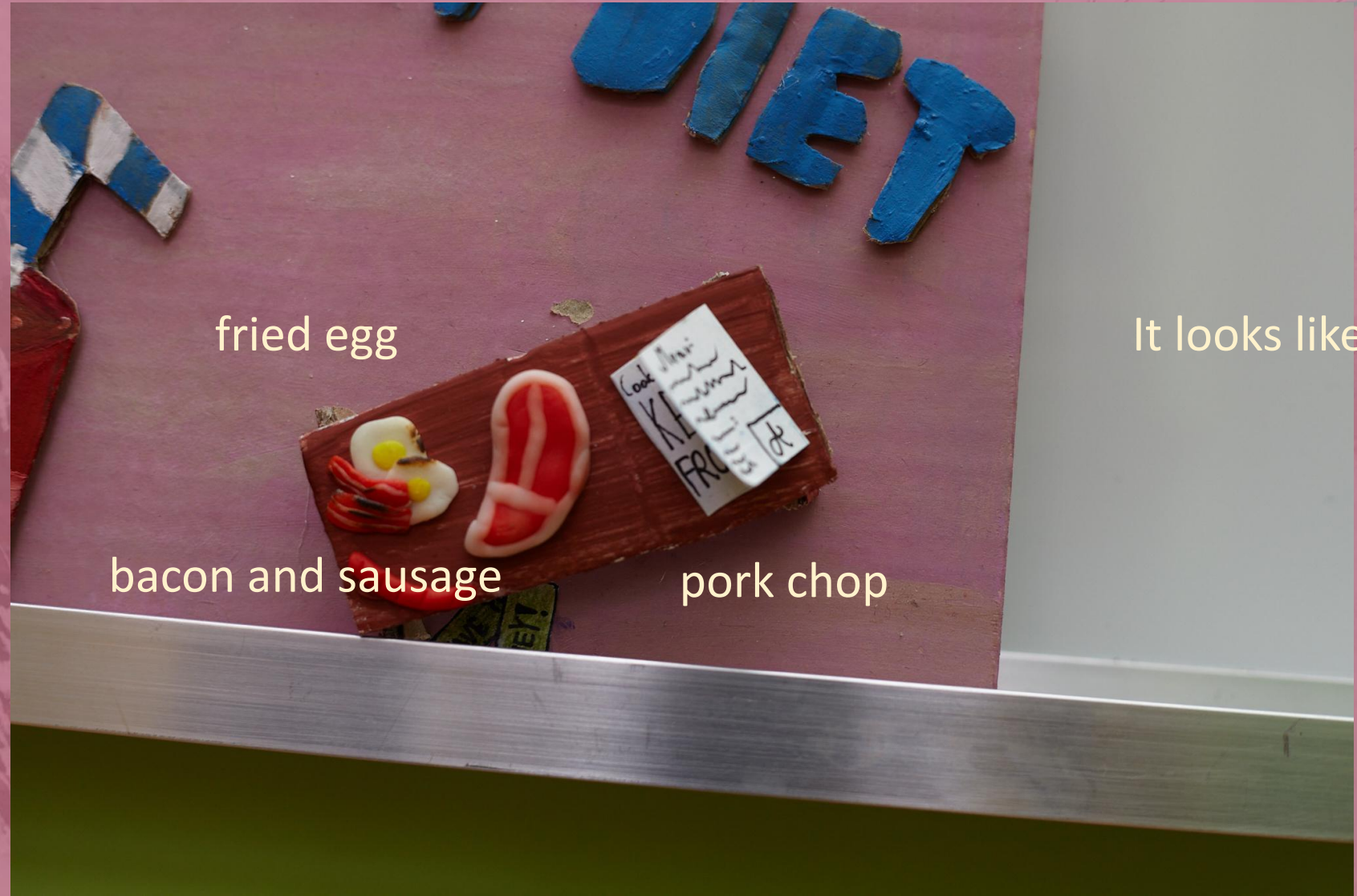


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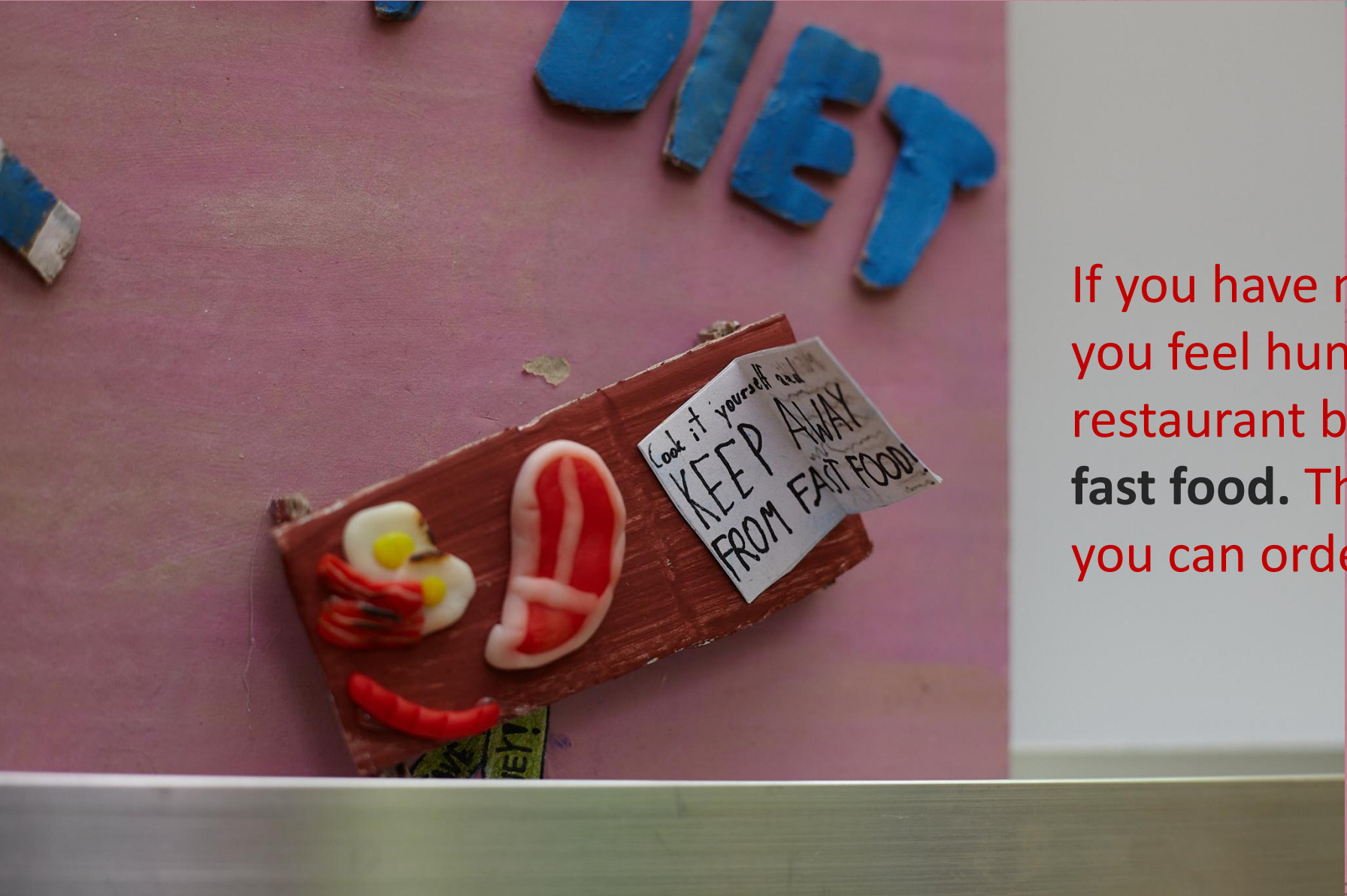
fried egg

bacon and sausage

pork chop

It looks like a table in restaurant





If you have no time to cook and you feel hungry you can go to a restaurant but **keep away from fast food**. There are places where you can order healthy dishes





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# What is inside the cup?



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It looks like a coke but it's labeled „Erasmus”  
so it must a good stuff





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# beetroot juice



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# Thank you!



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