

School project about healthy food from the students of 7th grade (49 high school of Athens). In this project have participated the students from classe:A'3, Petros Pyrovolisianos, Dimitrengo Artiom, Tsausis Panagiotis, Babis Alexandros, Harogiannis Giorgos, Skandami Anastasia, Buda Victoria, Bulari Meri, Balatsu Irene, Kurkulis Spiros, Tupi Zoi and Pleska Vivian. So, we hope you will enjoy and appreciate our effort!



A dairy product or milk product is food produced

from the milk of mammals. Dairy products are usually high energy-yielding food products. A production plant for the processing of milk is called a dairy or a dairy factory. Apart from breastfed infants, the human consumption of dairy products is sourced primarily from the milk of cows, yet goats, sheep, yaks, horses, camels, and other mammals are other sources of dairy products consumed by humans. Dairy products help us grow better and stronger, that's why we should drink at least two glasses of milk every day.

Meat!



Meat – meat is animal flesh that is eaten as food. Humans are omnivorous and have hunted and

killed animals for meat since prehistoric times. The advent of civilization allowed the domestication of animals such as chickens, sheep, pigs and cattle, and eventually their use in meat production on an industrial scale. Meat is very good for us if we want to build muscles, but we shouldn't consume too much of it.

Proverbs with meat!

Dry bread at home is better than roast meat abroad.

The tongue is the worst piece of meat in the world.

Cheap meat never makes a good soup.

FRUITS!!!

Citrus fruits

Oranges



Bergamot



Lemon



Mandariner



BERRIES species

Kiwi Strawberry Raspberry

Raisin Grape



Stone fruit

Avocado Apricot Cherry Peach
Nectarine Plum



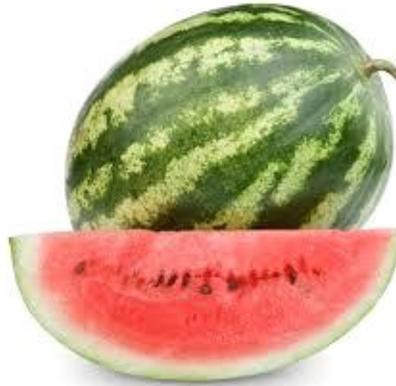
Tropical fruit

Banana Coconut Papaya Dates Pout
Mango Pineapple Pomegranate



MELON articles
Melon watermelon

MELON



ATMOS LAB
FINEST GREEK E-LIQUIDS

fleshy fruits

apple pear Medlar Quince



VEGETABLES!!!

TOMATO

Tomato is cultivated as one-year plant colored red. It is grown up to 3 meters at height, supported by other plants or wooden legs, as it has not a hard bud. Tomato's leaves as well as its bud has trichome.



CARROT

Carrot is one-year plant coming from Afghanistan and it was known as a pharmaceutical plant in ancient Greece. Its root is fleshy with a long conical shape colored orange, yellow or white depending on the variety. In Greece carrot is cultivated mostly in Macedonia.



CUCUMBER

The cucumber belongs to the same family plant together with melon, watermelon and cocozelle. It is cultivated mainly in the summer as it has no resistance in cold weather. High temperature and humidity help its growth rate. It is originated from India 3.000 years ago.



POTATO

Potato is rich in amyllum and a high value nutritious food. It is widespread in Greece and constitutes the basic nutrition of the population. It was Ioannis Kapodistrias, the first Governor of free Greece, who introduced the potato in the land.

