

PROMOTION OF HEALTHY FOOD AT THE MARKET

Match the food products with their nutritional value.

Product

1. honey



2. cheese



3. paprika



4. onion



5. fruit juice



6. bread



7. meat



8. grapes



9. pumpkin seed oil



Nutritional value

- a) provides huge quantities of carbohydrates, mainly starch; it can be also a great source of dietary fibre
- b) rich in calcium, protein, vitamin B12; it's caloric
- c) contain simple sugars, glucose and fructose, vitamins and mineral salts
- d) it has prohealth properties; it contains microelements and vitamins
- e) a source of vitamins: C, A, PP, E, microelements and folic acid
- f) a source of mineral salts, essential omega -6 fatty acids and vitamins
- g) contains vitamins C, B and minerals: silicon, sulfur, phosphorus; bactericidal activity; strengthens the immune system; it contains essential oils
- h) a good source of wholesome protein; it contains exogenous amino acids; it can contain saturated fatty acids, including cholesterol
- i) a source of vitamin C, A and E; it has antioxidant properties; it can contain substance responsible for pungent taste

Solution

a	b	c	d	e	f	g	h	i
6	2	8	1	5	9	4	7	3