

# The pleasure of eating

## Food, snacks and habits



### breakfast

Breakfast helps keep you energized to start your day, which is why it is the most important meal.



### Lunch

Lunch provides the energy that the body needs, to face any activity.



### Dinner

Dinner should be light and it is important to share and eat healthy as a family.

## The importance of food

Good nutrition starts with the right portions and at the right time of day.

It is the set of actions by which food is provided to the body. Diet depends on many variations, from individual needs and the availability of food to psychological aspects and fashions. In addition to being a vital necessity for survival, food is also well-being, culture and pleasure.



### SNACKS

They are a type of food that is generally used to temporarily satisfy hunger.



### SNACKS

provide a minimal amount of energy for the body or just for pleasure.



### HABITS

Eat slowly, drink natural water, eat too much when it is normal to have a light dinner.