

## Task 4: Consumption of nourishment



Every machine needs energy to operate. Every car needs fuel to drive the roads. Our body is like a very sophisticated "machine." The food you consume is keeping our body health and is the source of energy your body needs to grow and work. There is a long list of "absolutely necessary" things we need to give our body to "be healthy and happy." Among the materials we provide our bodies are water, carbohydrates and proteins. Vitamins and minerals are necessary for healthy growth and maintenance. Some of our intake is solid, some is fluid, and some is gas. We eat, drink and breathe. Let's take a look at these various things we consume and examine the benefit we get from each.

This task is so much fun to do.

Why?

**Because it is about food, sweets and desserts.**

It is about keeping you in shape! Slim, strong and energetic!

**Remember - each task of Bar-Messimah™ has 3 parts:**

1. The questions or projects to do.
2. Some ideas on the answers or what to do in the project.
3. Your report of the answers or progress made in the project.

- *Describe what ever you think ought to be said about your food. What should be the ideal foods and drinks? How much one should eat?*

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- *Please ask yourself if you are consuming correctly. Describe your habits and think of ways you can regulate or improve them.*

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### Hints and examples

- Why should one protect and enhance his/her health?
- Do you consume enough to keep your body healthy and in good shape?
- Maybe there are certain things you would like to improve?
- Would you like to do some new and additional things for yourself?
- What kinds of foods and drinks you do think will keep you healthy?
- Sweets and snacks - how much?

### Here are some ideas of thing you may want to consider:

- Eat more fruits and vegetables.
- Make myself a plan and schedule of healthy meals.
- Stop biting nails.
- Try new and different foods.
- Note the amount of food you consume.
- Keep toilet usage regular and clean.
- Keep far away from smoking and resist drugs and other addictions.