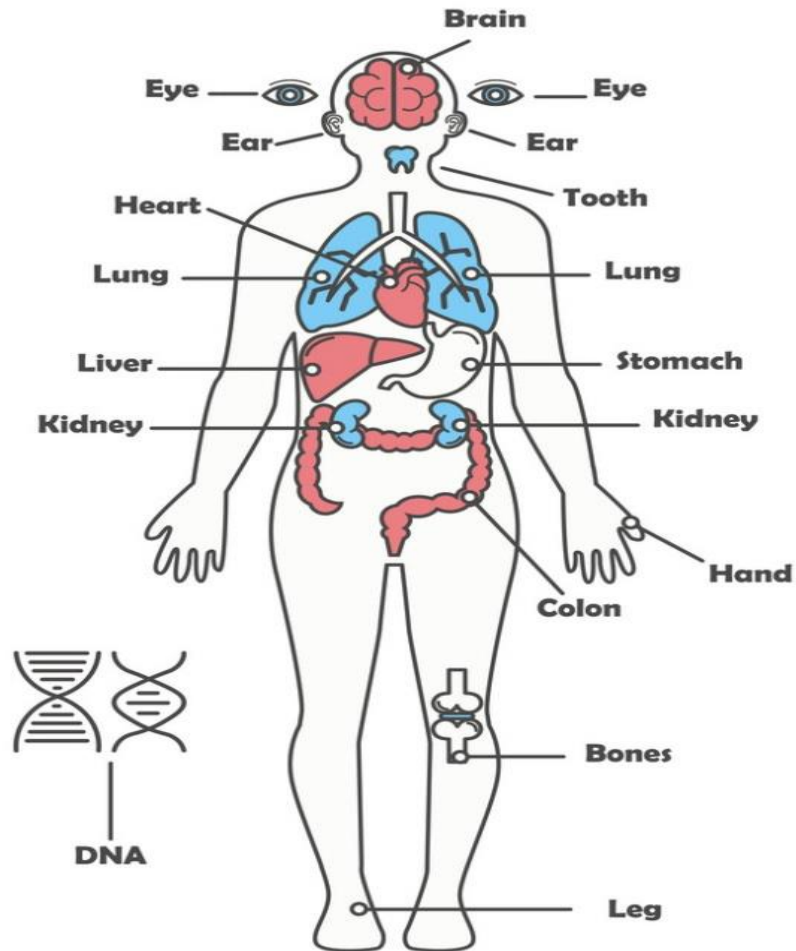


# YOU ARE WHAT YOU EAT!



Maria Laou

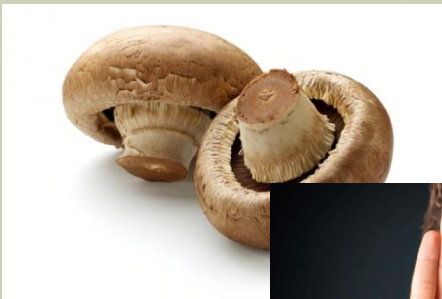
# BODY ANATOMY!



# FOODS THAT RESEMBLE ORGANS THEY ARE GOOD FOR



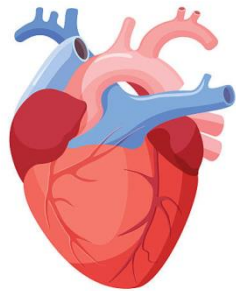
***1. Carrots improve your vision.***



***2. Mushrooms help to listen better.***



# FOOD THAT RESEMBLE ORGANS THEY ARE GOOD FOR



***3. Tomatoes reduce the risk of heart disease.***

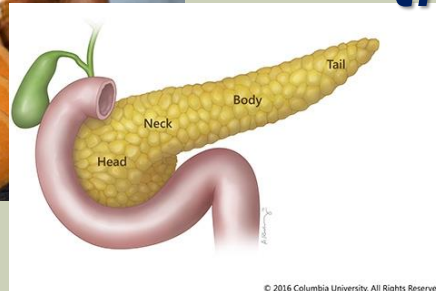


***4. Ginger helps the stomach in many different ways...***

# FOOD THAT RESEMBLE ORGANS THEY ARE GOOD FOR



**5. *It was recently found that eating nuts is strongly correlated with longevity. Nuts are also good for the brain.***



**6. *The sweet potatoes help the pancreas in many ways.***



# COUNTRIES AND FOOD !!



USA



ITALY







# COUNTRIES AND FOOD !!



Slovakia



Pierogis stuffed with bryndza (Bryndzové pirohy)



Germany

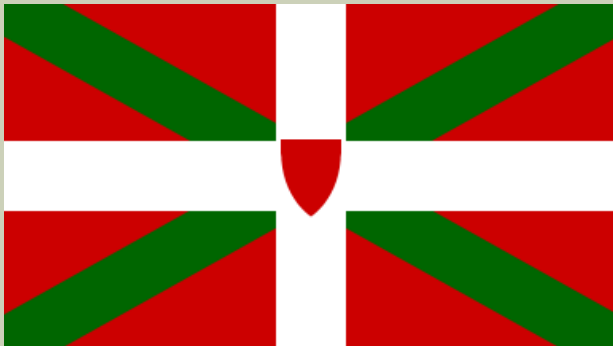




# COUNTRIES AND FOOD !!



Spain



Spain-  
Basque







# COUNTRIES AND FOOD !!



Turkey



Greece



# CYPRIOI FOOD!!



**Σιεφταλιές**  
**Seftalies**



**Χαλούμι**  
**Haloumi Cheese**



**Σουβλάκια** **Souniakia**