



Protective Food

 This food is also very important for our body. It gives us vitamins and several minerals. This food helps in protecting our body from serious diseases. This food helps our body to fight against these diseases.

 **For Example:** green vegetables and fresh fruits etc.



Salt

Salt is also a most important element. Without Salt food is not tasty it becomes tasteless. It is essential for our body. It helps our brain to work properly.

Water

Water is also important for our living life. Our body needs water regularly to grow and to work properly. Water helps to remove harmful materials from our body. Water is needed for the digestion process also.

