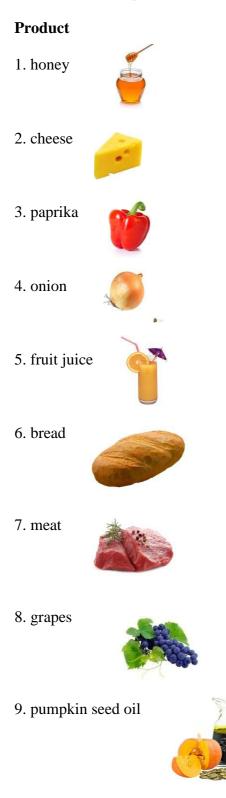
## **PROMOTION OF HEALTHY FOOD AT THE MARKET**

## Match the food products with their nutritional value.



## 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 vitaminsC,B andminerals: 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
- a source of vitamin C, A and E; it has antioxidant properties; it can contain substance responsible for pungent taste

## Solution

а	b	с	d	e	f	g	h	i
6	2	8	1	5	9	4	7	3