

The Food via Art

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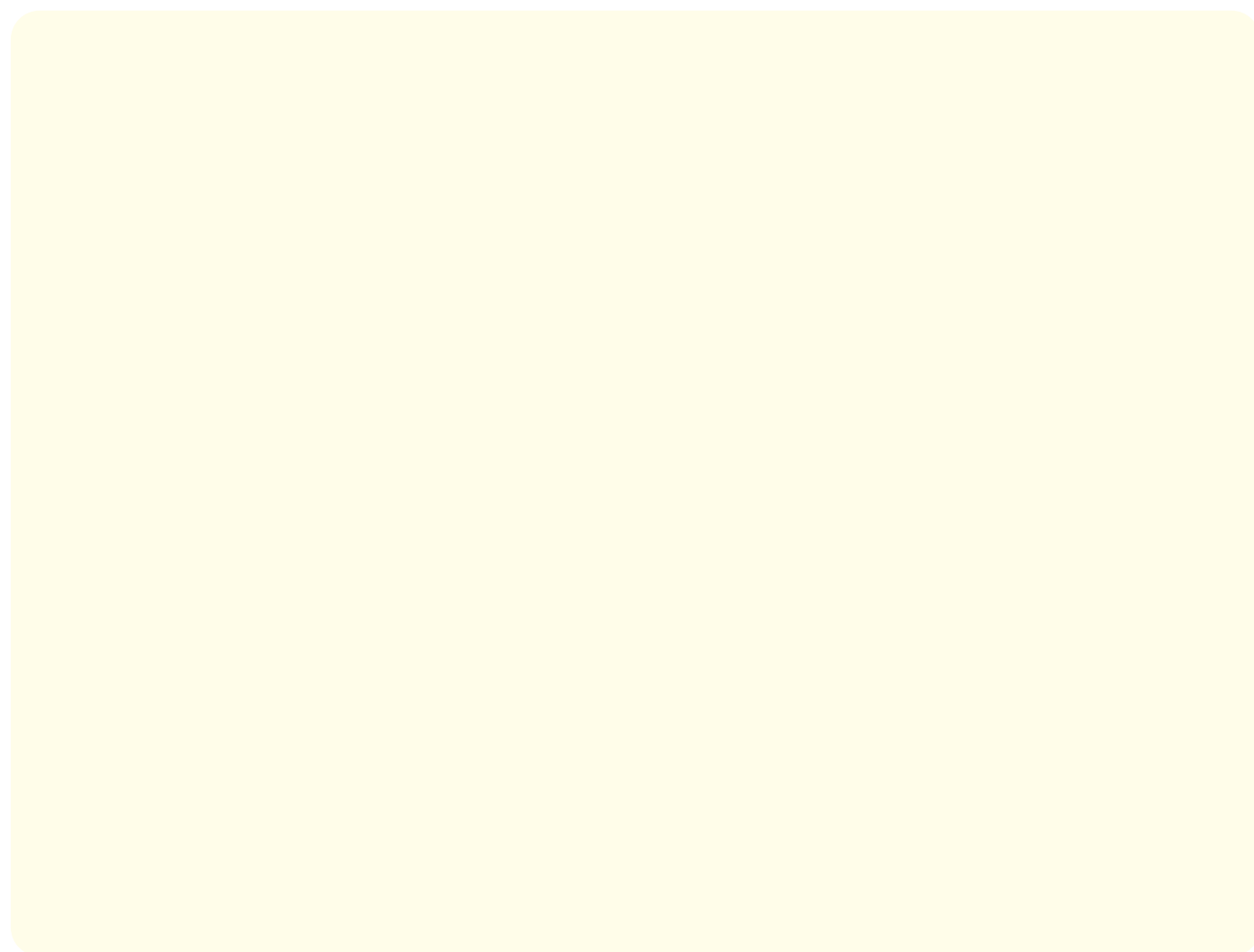
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Food is a substance consumed by people, animals and plants. Food is consumed or absorbed by the body in order to provide energy and materials consumption such as proteins, salts, vitamins, fats and carbohydrates. Liquids that are used for this purpose are called "drink" and they go into the definition of food. The above nutrients are necessary for proper functioning and health of the person and are called "food groups". All foods have a caloric value that represents the amount of energy that human body can produce from the food by digestion and is determined by the amount of carbohydrates, fats and proteins. Always choose fewer processed foods and industrialised. Such food keeps longer on the health properties and contains less salt, sugar, fat and calories. Should always be preferred plant foods over animal products. There are three food sources: animal products - meat, plant foods - such as vegetables, fruits, cereals as well as water, salt and food additives. In addition supply of vitamins thiamin, riboflavin, carotene and the mineral iron will improve and strengthen the brain functions when the lack of them slows down the mind and memory. Human society usually spends periods of time during the day to eat. In most modern societies there is a routine of three meals during the day - breakfast, lunch and dinner as well as snacks. Today, almost all institutions that prepare large quantities of food, such as restaurants and hotels, employ a chef who will manage the cooking process and label the restaurant's culinary character. Figure 1

depicts a chef that comes from the French word chef where in the following we will describe the different food forms through art. Figure 2 depicts the bread that is a basic product since the dawn of civilisation. Figure 3 banana, is the work of the Belgian surrealist Magritte that is one of the most important benefits of plants in the world. It is one of the richest sources of potassium and has a very small amount of sodium that helps blood circulation system healthy. Figure 4 the lemon, is the work of Magritte where this fruit has many benefits as food and also in the medical field. Figure 5 is the work of Fernando Botero depicting a watermelon containing nutrients that may reduce the risk of prostate cancer and protect the heart disease. The watermelon is one of the most prominent symbols of the Israeli summer. Figure 6 demonstrates a combination of vegetables and fruits creating a surreal portrait and is the work of Italian artist Arcimboldo. Figure 7 depicts edible fish that is used as a primary source of protein. Figure 8 describes a sandwich, a most commonly used food, where the collection of foods in figure 9 is the work of the French painter Paul Cezanne where figure 10 depicts the liquid component of the meal. Finally figure 11 shows "eating" where figure 12 what happens frequently after the process of digestion in our body.



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