

ERASMUS+ KA2 2018 – 2020 FEEDS



Tomato - heart.

Tomato contains lycopene, which helps the heart to function properly.



Nuts - brain.

Walnuts are a brain food, as they contain high content of omega-3 fatty acids, which help brain function.



Citrus fruits - Female breast.

Citrus fruits contain substances called limonoids, which have been shown to inhibit the growth of cancer in experimental animals and human breast cells.



Mushroom-Ear.

Mushrooms, it has been found, can help improve hearing, as still, mushrooms are one of the few foods that contain vitamin D. This vitamin is important for healthy bones, which even strengthens the tiny bones found into the ear that transmits sound to the brain.



Grapes - Lungs.

A diet high in fresh fruits, such as grapes, has been shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which appears to reduce the severity of allergic asthma.



Carrot - eye iris.

Carrots are packed with vitamins and antioxidants, such as beta-carotene, which reduce the chance of macular degeneration, the leading cause of vision loss in older people.



Ginger - stomach.

This herb is a bit like a stomach and it is characteristic that it helps in treating nausea and vomiting.



Red wine - blood.

Red wine, which is rich in antioxidants and polyphenols, including strong resveratrol, looks like blood. Reasonable wine consumption protects the arteries, reducing the increase in cholesterol.



Avocado - womb.

Avocado helps a lot in the reproductive system. It is a good source of folic acid, which is needed in large quantities by pregnant women, and it reduces the risk of cervical dysplasia.



Beans - Kidney.

Kidney beans can really heal and help maintain good kidney function - and they look just like human kidneys. They contain many B vitamins and enhance the function of the kidneys in the body.



Celery - bones.

Celery is a basic source of silicon, which is part of the molecular structure that gives bones their strength.



Sweet Potatoes - Pancreas.

The sweet potato is very similar to the pancreas and really does a good job in the pancreas due to the high concentration of antioxidant beta-carotene.



