



Good Food for Kids

Dobra Hrana za Decu

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kalcijum je potreban za razvoj kostiju i rast. Ima ga u mlijeku, jogurtu, ribi sa kostima i nekom tamno zelenom povrću, kao što je brokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Gvožđe pomaže telu da proizvodi energiju. Ima ga u crvenom mesu, živini, ribi i sasušenom zrnevlju.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Šargarepa, spanać i drugo voće i povrće su bogati vitaminom A i vitaminom C. Vitamin A je važan za dobar vid i zdravu kožu. Vitamin C održava zdravim desni i štiti od infekcije.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energija je važna i dobija se iz hljeba, pirinča, cerealija i testenina.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Za užinu birajte zdravu hranu kao što su voće, povrće, mlječni proizvodi i orasi. Oni su hranljiviji i bolji za dečije zube od soda, čipsa i slatkiša.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Dnevne fizičke aktivnosti su važne za decu i čine da telo raste jako i zdravo.

Bosnian Language Version

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