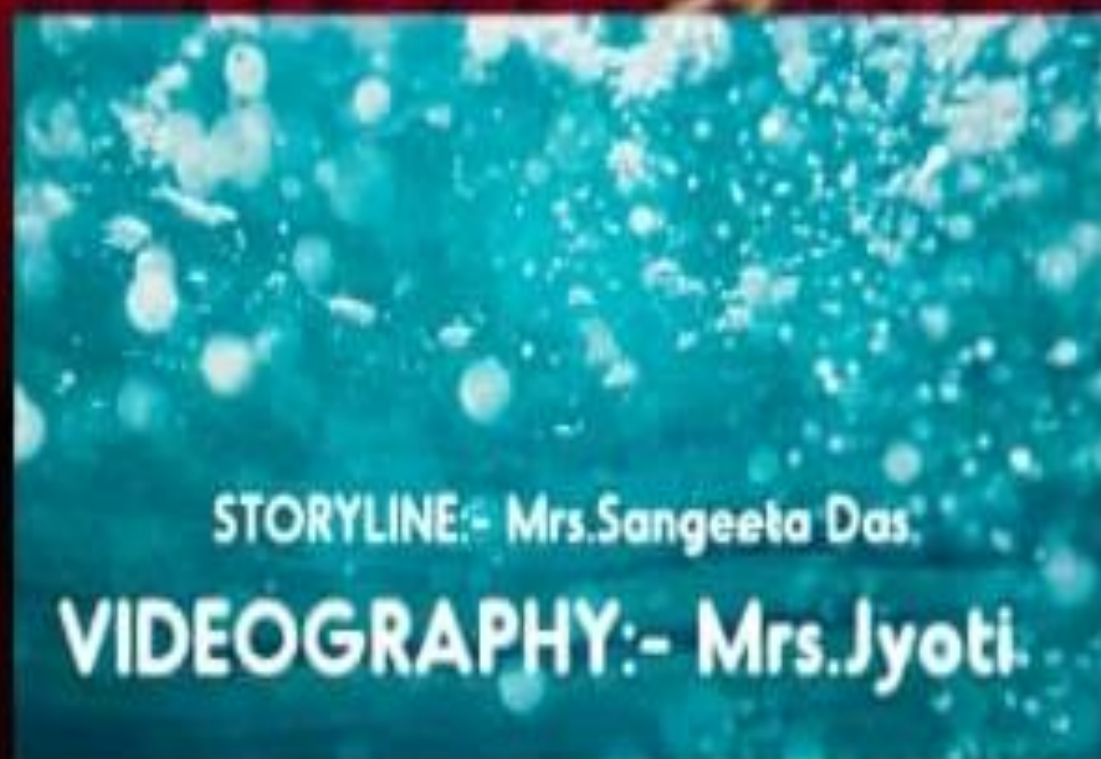


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**BALANCED DIET (FOOD)**

**BALANCED DIET (FOOD)**

**Pretty Leena was born in a very rich house.**





**Pretty Leena was born in a very rich house.**



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**Her mother insisted on her eating her green vegetables more than the pizza ,Maggi and other junk food.**

# LEENA DIDN'T CARE ,SHE ATE JUNK FOOD IN ABUNDANCE AND SOON STARTED SUFFERING BECAUSE OF IT.

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**She started gaining weight**



**Her hair started falling out**

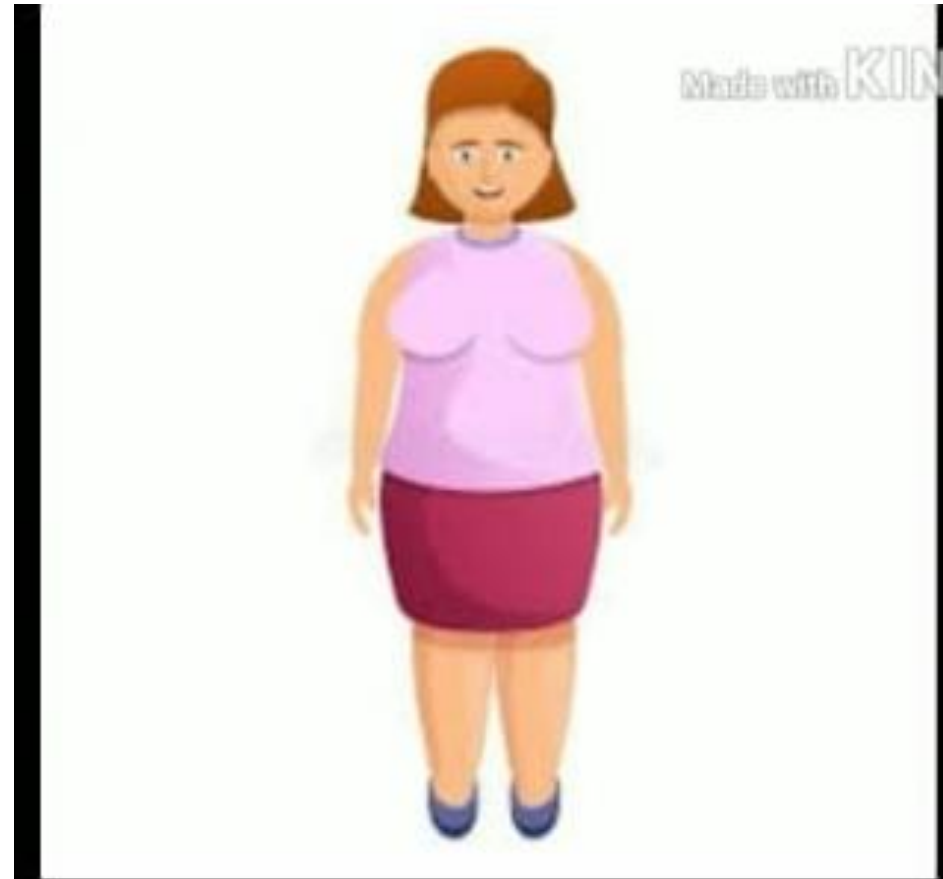
**Dark circles , patches and pimples developed on her skin**





**Soon a beautiful young girl ruined her beautiful mundane features .**

**One day, she got really upset and went to her physical education teacher and told her that she was not happy with the way she looks .**





**The teacher told her that all she needs is self-confidence,  
take balanced diet and exercise daily .**



**Leena did the same and soon she regained her beautiful body and face.**



NORAL

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# MORAL:-

*We should eat green vegetables  
and not Junk Food because it  
harms our body very much.*