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### Serbia`s Healthy food

I live in a very small country, Serbia. Serbia`s food is usually very healthy. But what word healthy means? Does it mean that healthy food is only fruit and vegetables? No, it does not. In this text I will tell you something about healthy food and Serbia`s healthy food.

Do you know something about pyramid of healthy food? It is a pyramid what has got four or five floors. On the each floor there is some healthy food or drink. For example, water, fruit, vegetables, not many chocolate, meat...This pyramid tells us what we should eat if we want to be healthy. In Serbia we grow organic food. Serbia`s healthy food are fruit, vegetables, meat and the same and we eat it a lot. Our typical breakfast is eggs, toast, milk, ham. For lunch we usually have soup, some meat and salad. For dinner is something what our mums cook. Our favorite part of day is time for eating, because we eat organic and healthy food and it is very delicious.

If you have not try Serbia`s food yet, you have to visit Serbia and try all Serbia`s delicious meals. I think that you will be very surprised and will eat a lot.

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