The red fruits of Cuna de Platero, protagonists of the II day of health "Activando Huelva"

Cuna de Platero participated this Saturday in the second day of health 'Activando Huelva', where its red fruits have starred in a culinary demonstration with healthy products by the School of Hospitality Santa María de Belén, Huelva. This day, where the cooperative was already present in its previous edition, are organized by the health districts of Huelva-Costa and Condado-Campiña Primary Care.

"It is essential that the red fruits be linked to health and that we spread their properties to the body and its power to prevent certain diseases," said the general director of Cuna de Platero, Juan Báñez. The meeting, which has had the participation of some 500 people, has been aimed at citizens, the associative fabric and health professionals to share health assets -factors or personal resources, family, public services, physical, cultural, environmental, etc- essential to enhance health and physical and emotional well-being.

"Eating a balanced diet, with fruits and vegetables, practicing physical exercise and taking care of

the environment are essential to achieve this well-being," said Báñez, who adds that "red fruits play an essential role due to their versatility. and its properties. "

The students of the fifth grade of the Safa Funcadia de Huelva school have participated in a demonstration carried out by students from the school of hospitality Santa María de Belén, of Huelva, with healthy products, in which the red fruits of Cuna de Platero have been the protagonists of the recipes.

"Children start to eat worse when adolescence arrives, so it is very important that they discover that there are many ways to eat well, also in a fun way, and that our red fruits can be in many of their dishes." The students have valued not only its properties for the organism but also its great flavor.

During the day, held at the Casa Colón de Huelva, the Minister of Health, Marina Álvarez, was present, along with the delegate of the branch in Huelva, Rafael López.

Cuna de Platero berries are recognized by the Spanish Heart Foundation (FEC) as heart-healthy food, suitable for preventing cardiovascular diseases. The red fruits are loaded with beneficial properties for health, such as antioxidants, vitamins and minerals. They take care of the heart, the arthritis, the diabetes and they help to prevent the cancer, among other ailments.

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Culinary demonstration

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