

Sheet : Nutritional needs

Builders food : Milk and dairy products + meat, egg and fish group

Protective food : Fruits and vegetables + drinks

Energy food : Carbohydrates + Milk and dairy products + meat, fish and eggs + Fats + Sweets

Malnutrition : Obesity : Overeating

Hunger : Insufficient nutrition

Tips :

- We should eat a balanced diet that contains all food groups
- Eat everything in moderation
- Choose healthy food and drink enough water

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