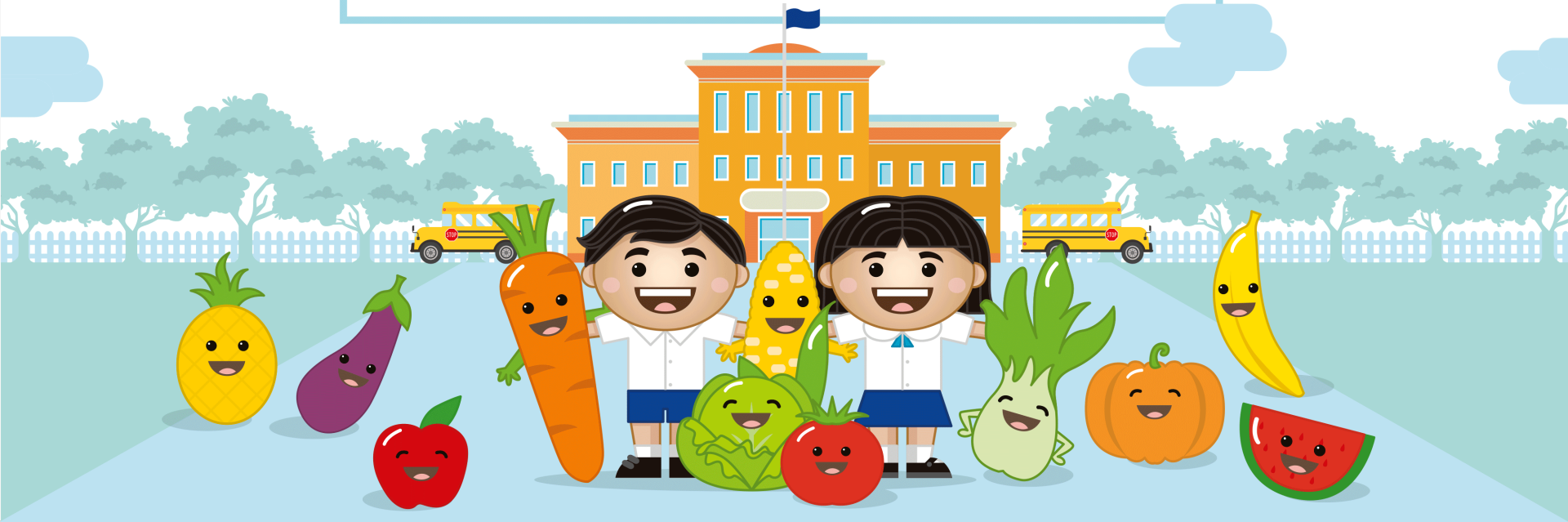
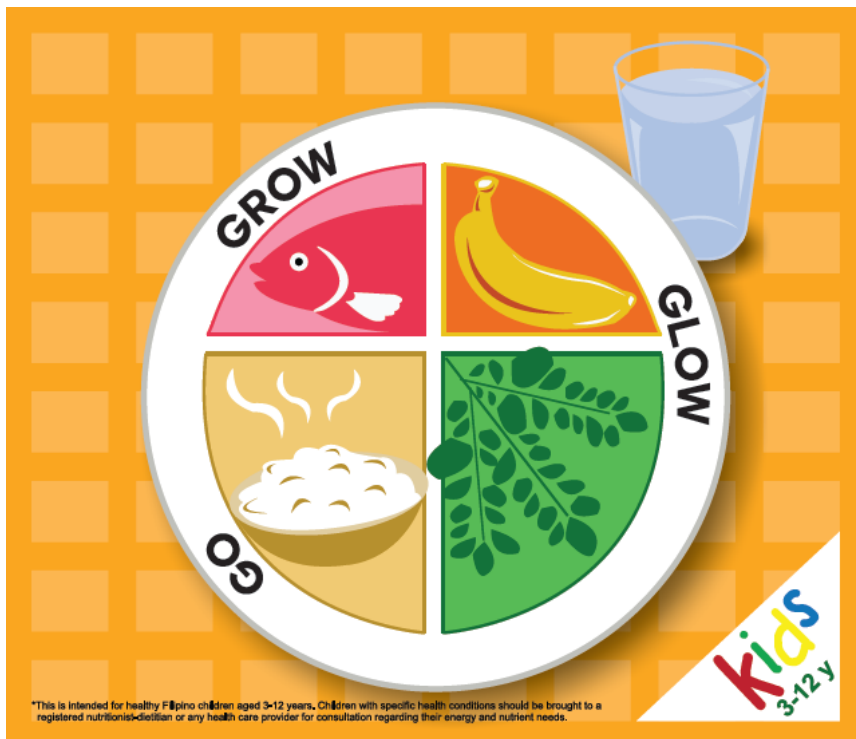


MODULE 1 PINGGANG PINOY





Part 1

Go, Grow & Glow

*This is intended for healthy Filipino children aged 3-12 years. Children with specific health conditions should be brought to a registered nutritionist/dietitian or any health care provider for consultation regarding their energy and nutrient needs.

GO FOODS

Go foods have **carbohydrates** that give us energy to run, jump and play.



GROW FOODS

Grow foods have **protein** that help our bodies grow big and strong.

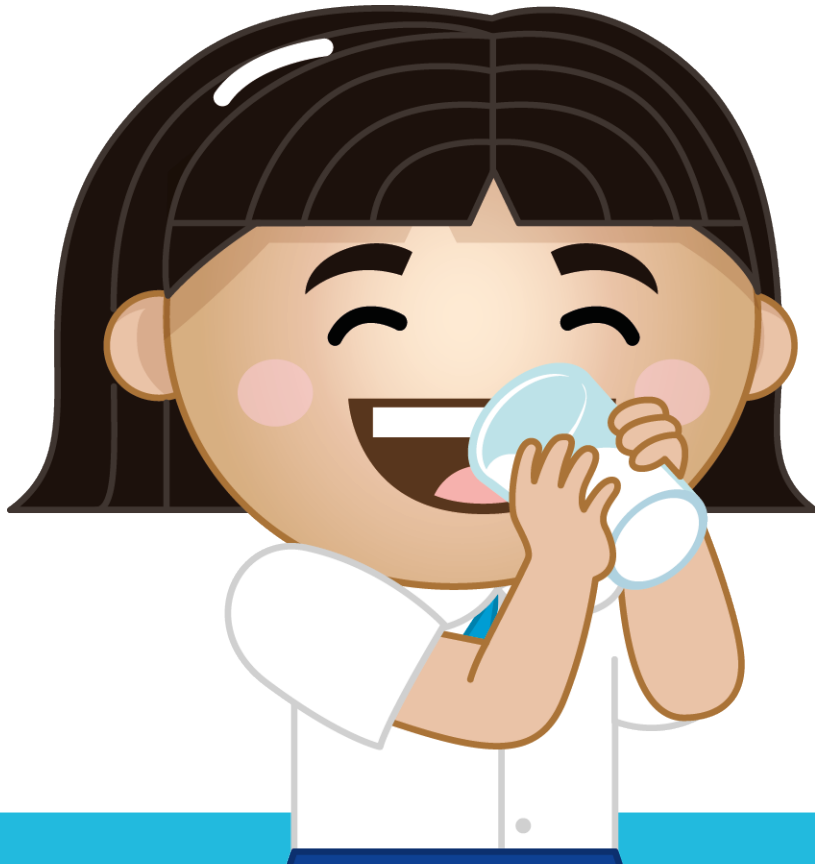


GLOW FOODS

Glow foods have **vitamins** and **minerals** that help make skin, eyes, and hair healthy, and help the body prevent colds and cough.



WATER

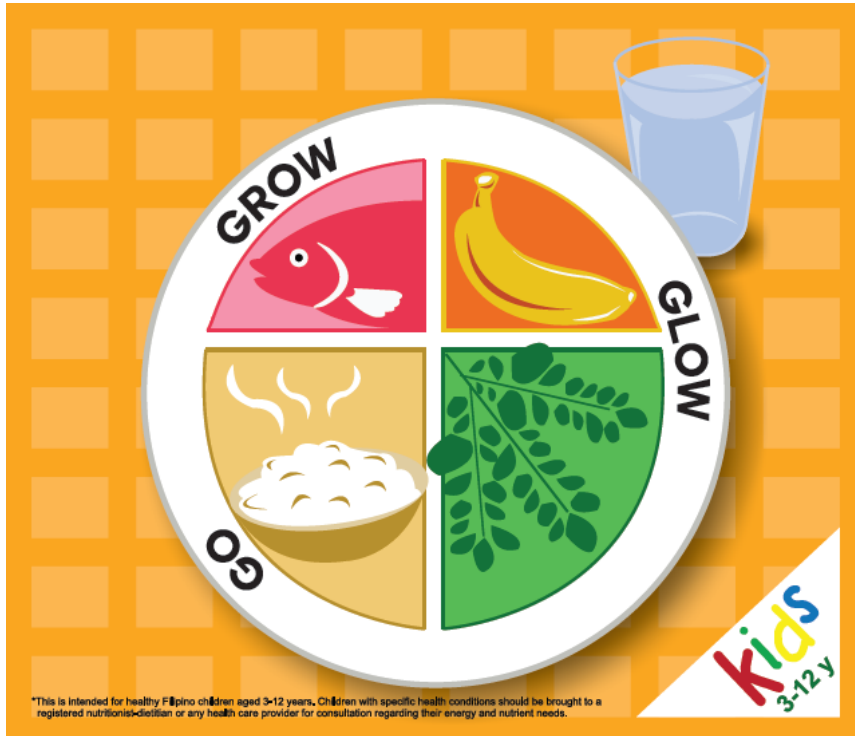


Include water or a nutritious beverage with your meal.

WATER

Children should drink
6 glasses of water
or more everyday.





*This is intended for healthy Filipino children aged 3-12 years. Children with specific health conditions should be brought to a registered nutritionist-dietitian or any health care provider for consultation regarding their energy and nutrient needs.

Part 2

Show Me the Action

GO FOODS

Go foods have **carbohydrates** that give us energy to run, jump and play.



GROW FOODS

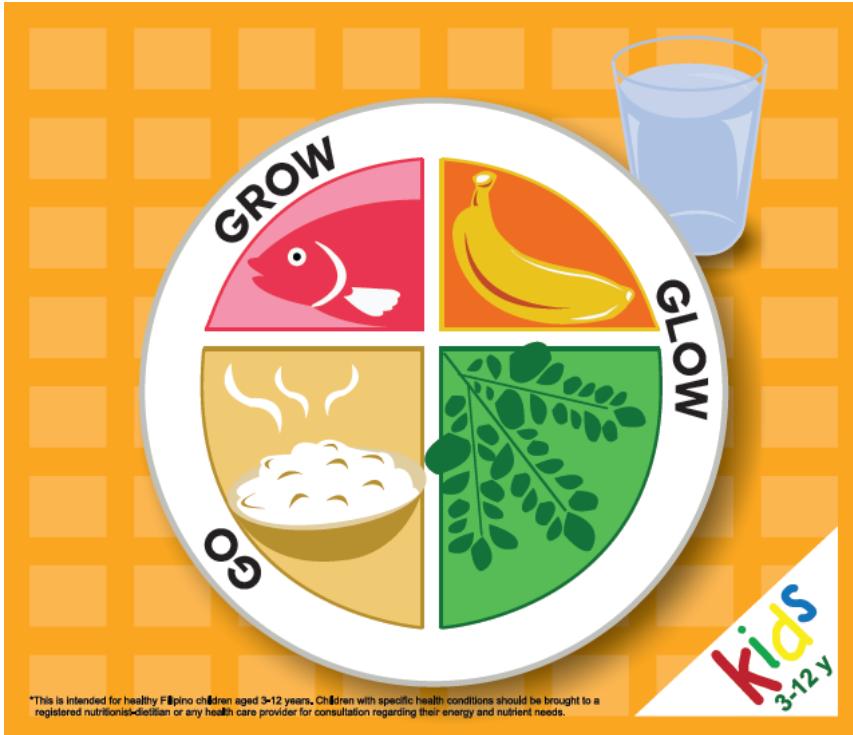
Grow foods have **protein** that help our bodies grow big and strong.



GLOW FOODS

Glow foods have **vitamins** and **minerals** that help make skin, eyes, and hair healthy, and helps the body prevent colds and cough.





Part 3

Identify These

*This is intended for healthy Filipino children aged 3-12 years. Children with specific health conditions should be brought to a registered nutritionist/dietitian or any health care provider for consultation regarding their energy and nutrient needs.

GO FOODS

Go foods have **carbohydrates** that give us energy to run, jump and play.



GROW FOODS

Grow foods have **protein** that help our bodies grow big and strong.



GLOW FOODS

Glow foods have **vitamins** and **minerals** that help make skin, eyes, and hair healthy, and helps prevent colds and cough.

