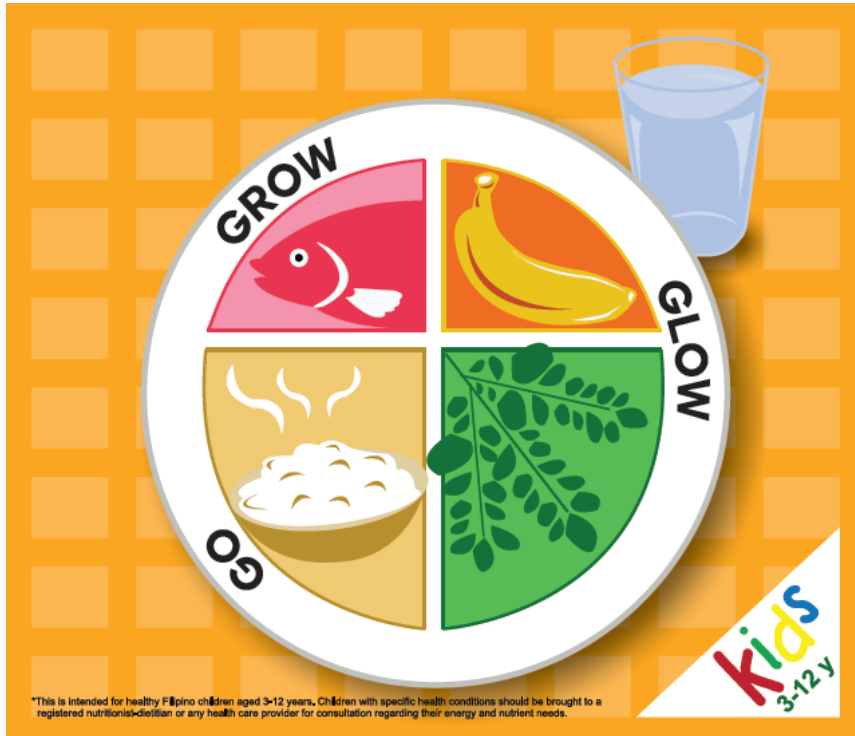


# Wellness

## CAMPUS

### MODULE 1 PINGGANG PINOY





\*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.

## 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.

