

Wellness

CAMPUS

MODULE 4 GO FOODS



WHICH GO FOOD IS MORE NUTRITIOUS?

WHICH GO FOOD IS MORE NUTRITIOUS?

cupcake



suman



WHICH GO FOOD IS MORE NUTRITIOUS?

cupcake



suman



Suman has less sugar and is more filling.



WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



potato chips



WHICH GO FOOD IS MORE NUTRITIOUS?

kamote



potato chips



Kamote contains vitamin A for good eyesight and fiber for healthy digestion.

WHICH GO FOOD IS MORE NUTRITIOUS?

mais



cupcake



WHICH GO FOOD IS MORE NUTRITIOUS?

mais



cupcake



Mais is made of whole grain, with fiber for healthy digestion.

WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



bread



WHICH GO FOOD IS MORE NUTRITIOUS?

lollipop



bread



Bread is more filling but has less sugar.



WHICH GO FOOD IS MORE NUTRITIOUS?

french fries



mais



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