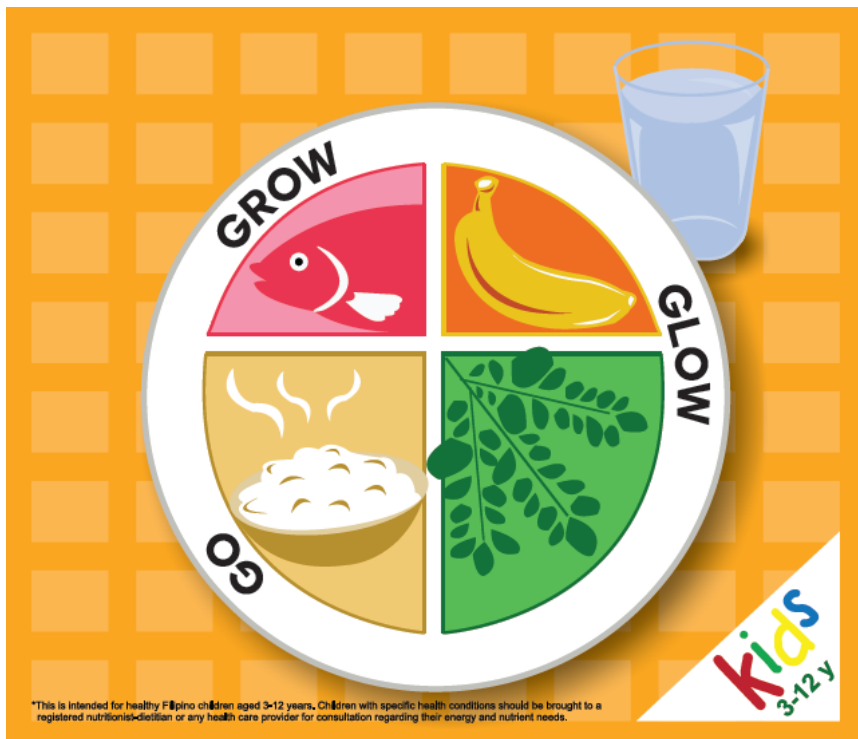


### MODULE 1 PINGGANG PINOY





## 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.

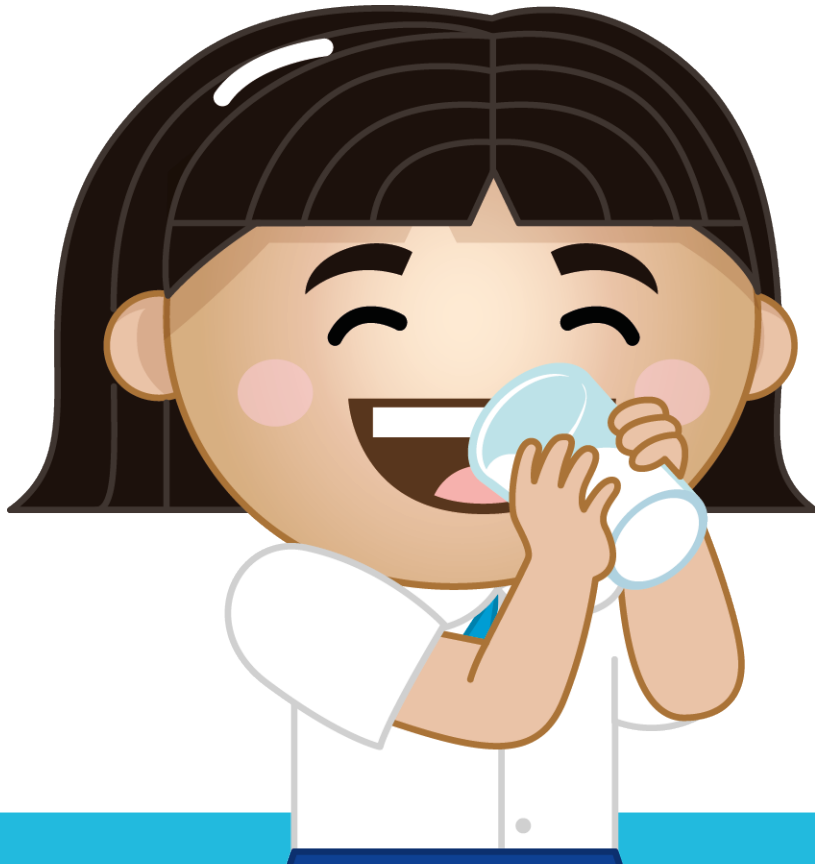


## GLOW FOODS

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



# WATER

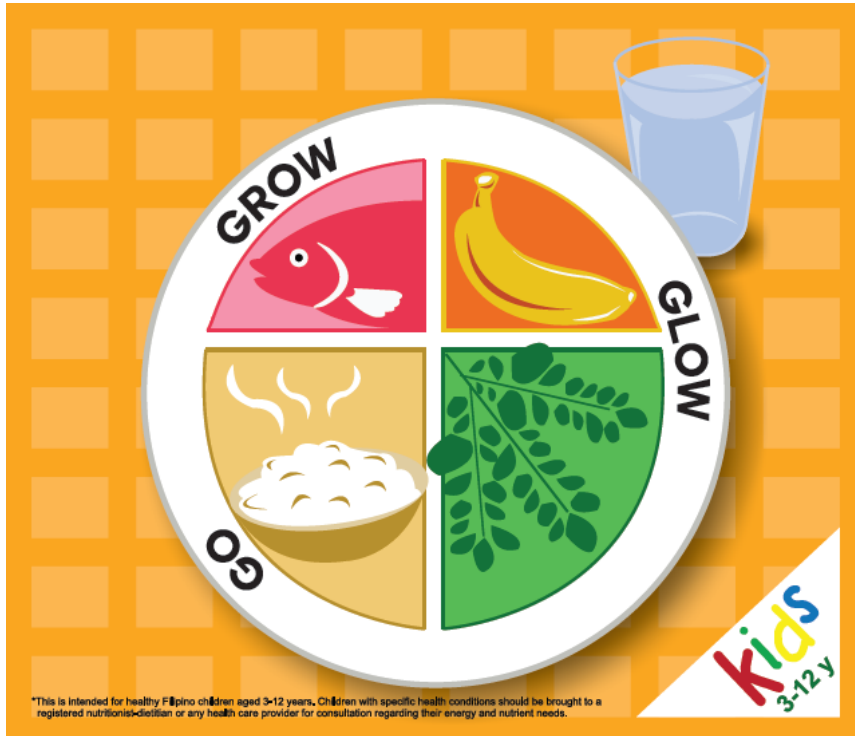


Include water or a nutritious beverage with your meal.

# WATER

Children should drink  
**6 glasses of water**  
or more everyday.





## Part 2

# Show Me the Action



## GO FOODS

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



## GROW FOODS

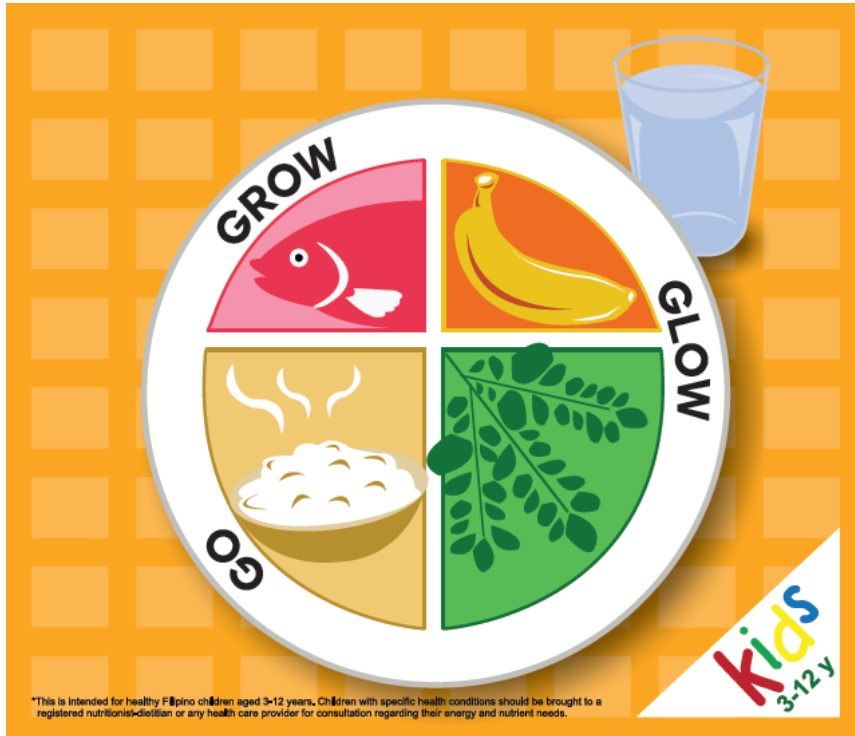
Grow foods have **protein** that help our bodies grow big and strong.



## 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.

