

Wellness

CAMPUS

MODULE 3 GROW FOODS



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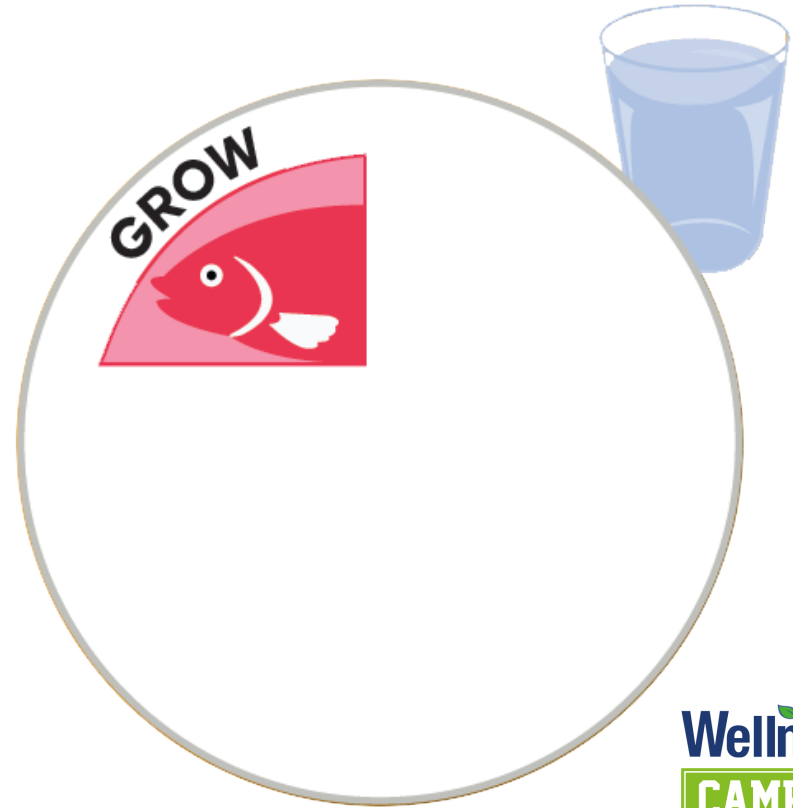
Grow foods provide our bodies with **protein**. Protein is made of building blocks called **amino acids**.

Our body needs amino acids to grow big and strong. Amino acids also help wounds and injuries heal.



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According to the Pinggang Pinoy® guide, approximately one-fourth of our plate should consist of proteins.



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- Our wounds might take longer to heal.
- Our hair and nails may become brittle.



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- Our muscles may be weak.
- Our wounds might take longer to heal.
- Our hair and nails may become brittle.
- Our growth may be stunted.

