

Wellness

CAMPUS

MODULE 1 PINGGANG PINOY



**Here are some common reasons  
why individuals don't eat  
balanced, nutritious meals ...**

# TASTE

Some people think that nutritious meals aren't tasty.



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Some people think that nutritious meals aren't tasty.

There are many recipe choices for nutritious yet delicious and tasty meals.



# BUDGET

Some think that nutritious meals are expensive.



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**Some think that nutritious meals are expensive.**

**There are many food choices that are nutritious, but do not cost much.**



# TIME

Some people are too busy to prepare a nutritious meal or end up skipping meals.



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Some people are too busy to prepare a nutritious meal or end up skipping meals.

Preparing nutritious food can be easy while eating balanced meals needs to be made a priority.

