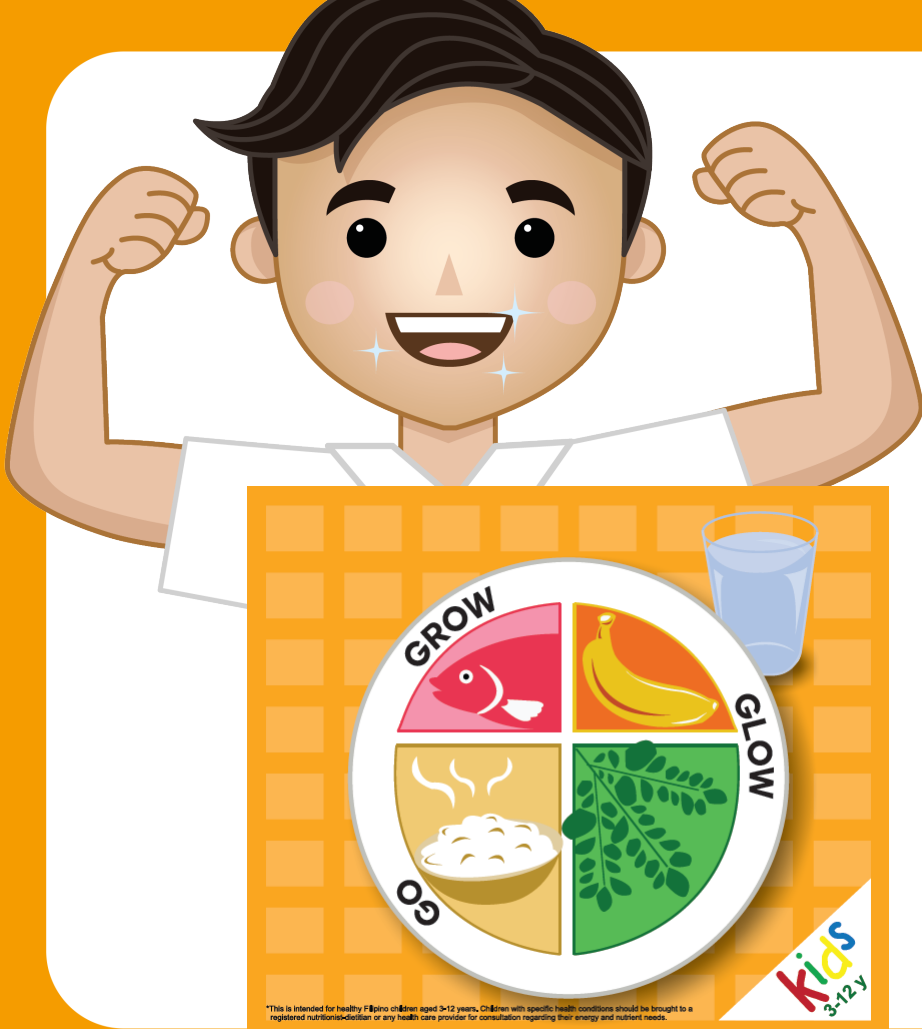


Wellness

CAMPUS

MODULE 1 PINGGANG PINOY





Pinggang Pinoy[®]
helps us to get the
nutrients and
energy we need so
that we will not
become
malnourished.



*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.

A person who is malnourished:

A person who is malnourished:

- ✓ Does not have a strong, healthy body



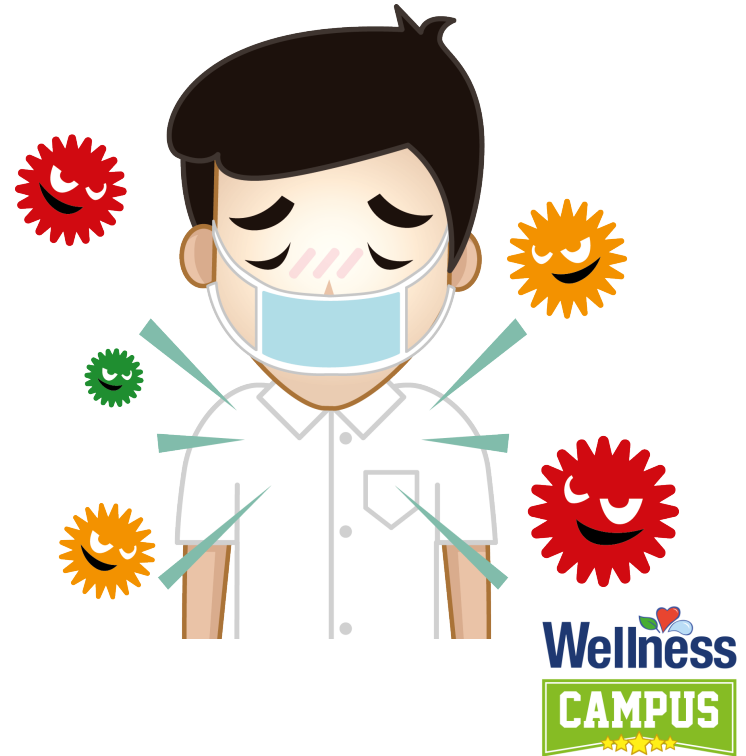
A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy



A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy
- ✓ Is more prone to infections and poor wound healing



A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy
- ✓ Is more prone to infections and poor wound healing
- ✓ Experiences problems with digestion

