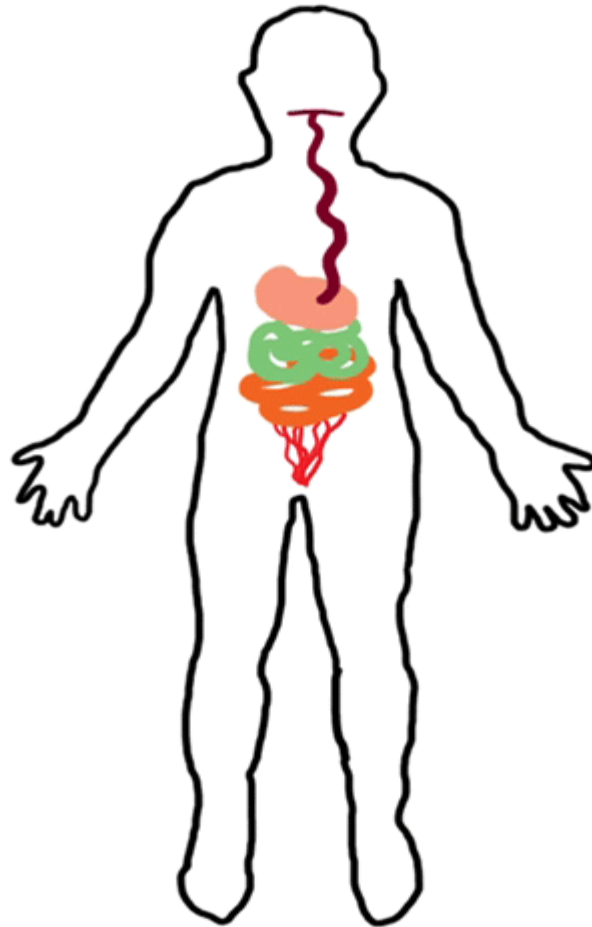


Fibre / Roughage

Fiber does not give our body nutrition, but it helps the waste to pass easily through the body.



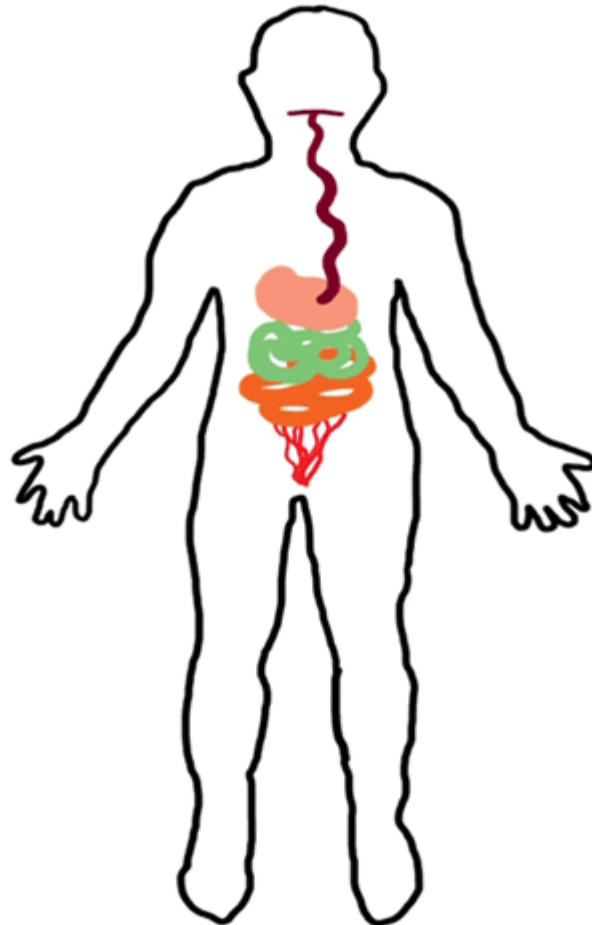
Fibre

People who do not **consume** enough fibre are more likely to suffer from **constipation**.



Fibre / Roughage

Fiber does not give our body nutrition, but it helps the waste to pass easily through the body.



People who (1)(2)
are.....(3).....
..... (4)from constipation.



3



2



1



4

Complete please

People who do not consume enough fibre are...?

What can you
remember about
Fibre?