

Alavi

21st Century Schools

Our body need ... food groups.



5 food groups are:

1



2



3



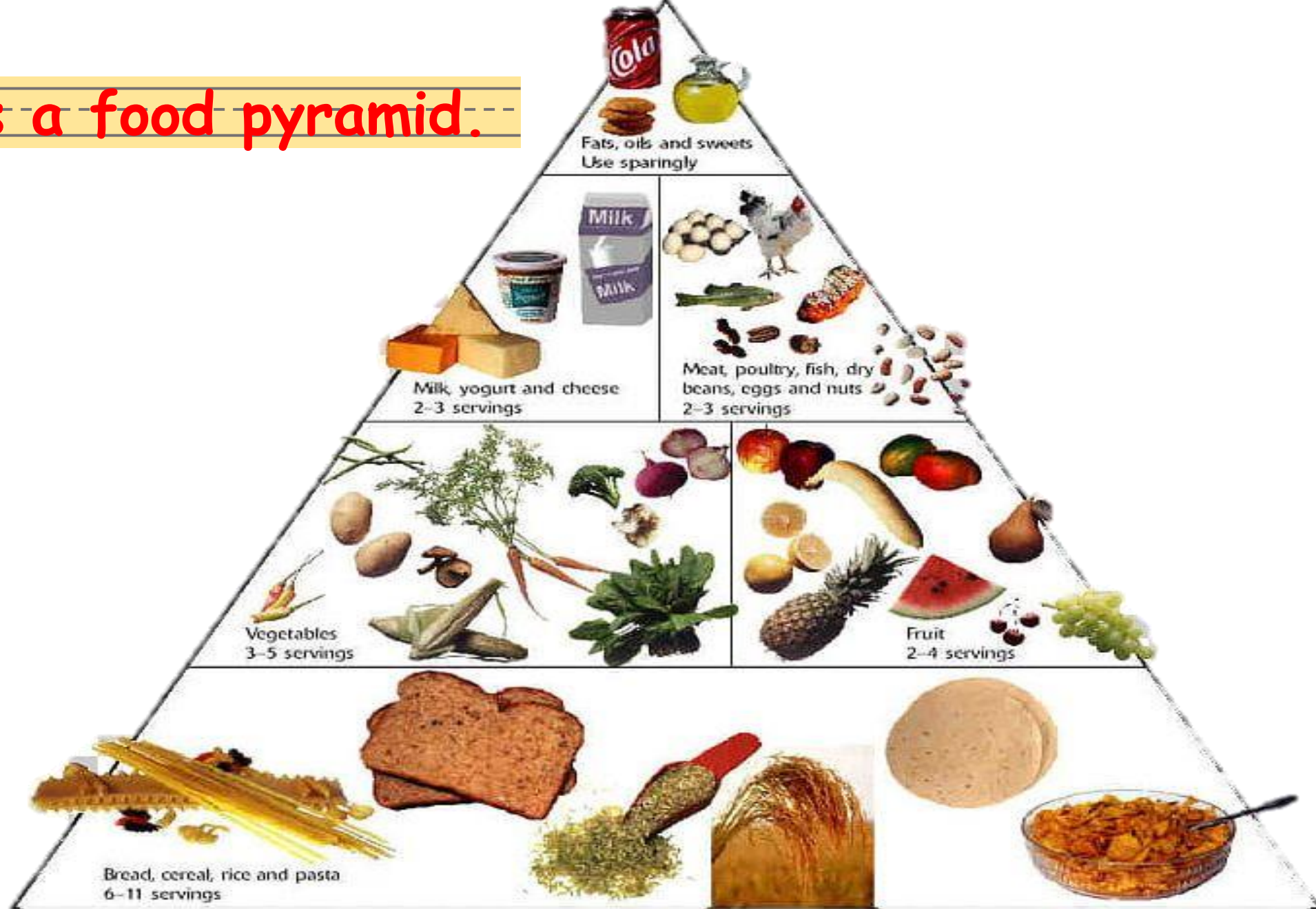
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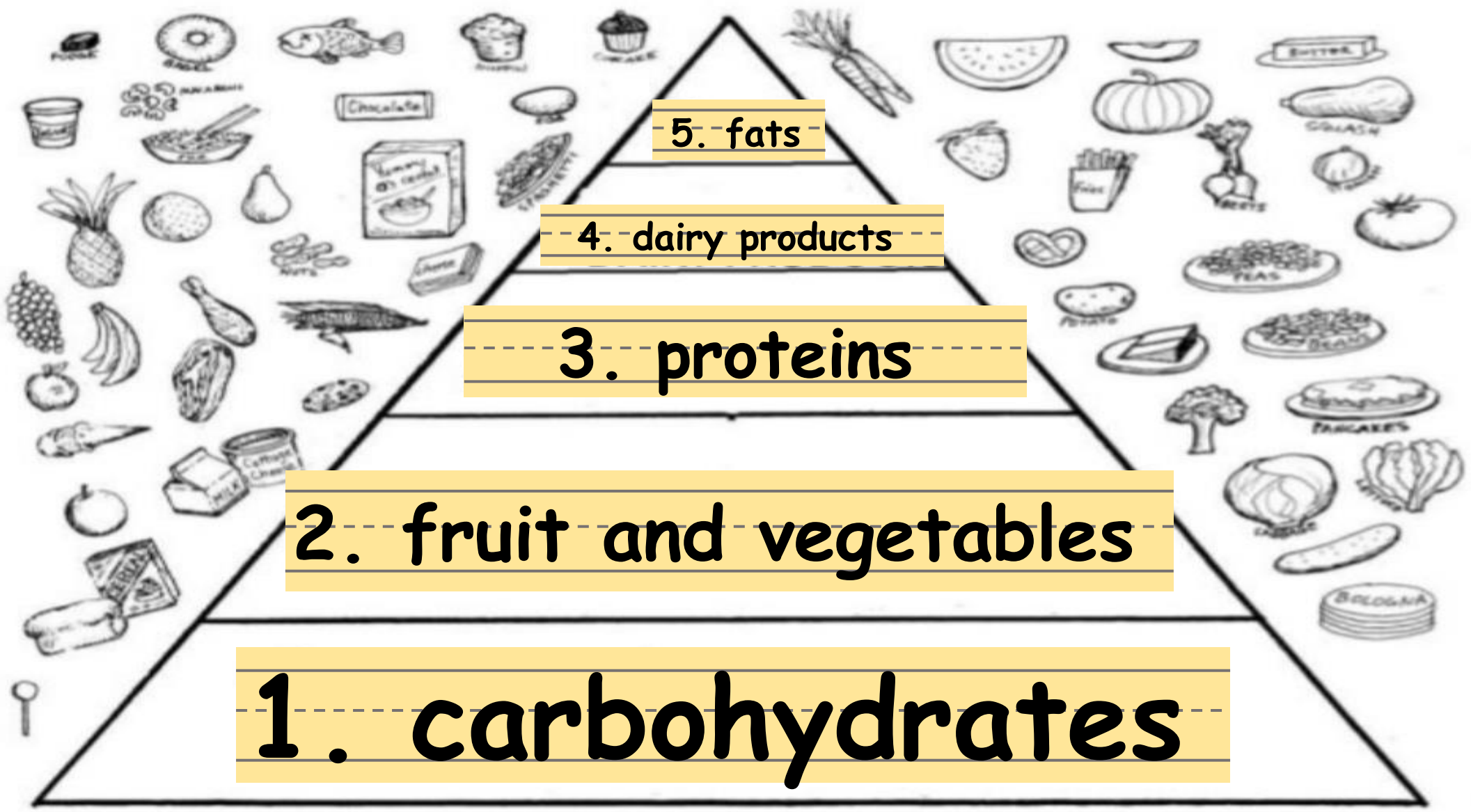


4



It is a food pyramid.





5. fats

4. dairy products

3. proteins

2. fruit and vegetables

1. carbohydrates

