

CARBOHYDRATES	GIVE YOU ENERGY
FATS	GIVE YOU ENERGY AND KEEP YOUR BODY WARM
VITAMINS	ARE IMPORTANT FOR YOUR SKIN, EYES, BONES, HAIR
PROTEINS	HELP YOUR BODY GROW
WATER	CLEANS YOUR BODY FROM INSIDE AND IT IS IMPORTANT FOR YOUR BLOOD
MINERALS	MAKE YOUR BONES AND TEETH STRONG
FIBRE	CLEANS THE INSIDE OF YOUR BODY AND HELPS TO DIGEST FOOD