



Universidad del sureste

FOOD

Carlos Rodrigo Guillen

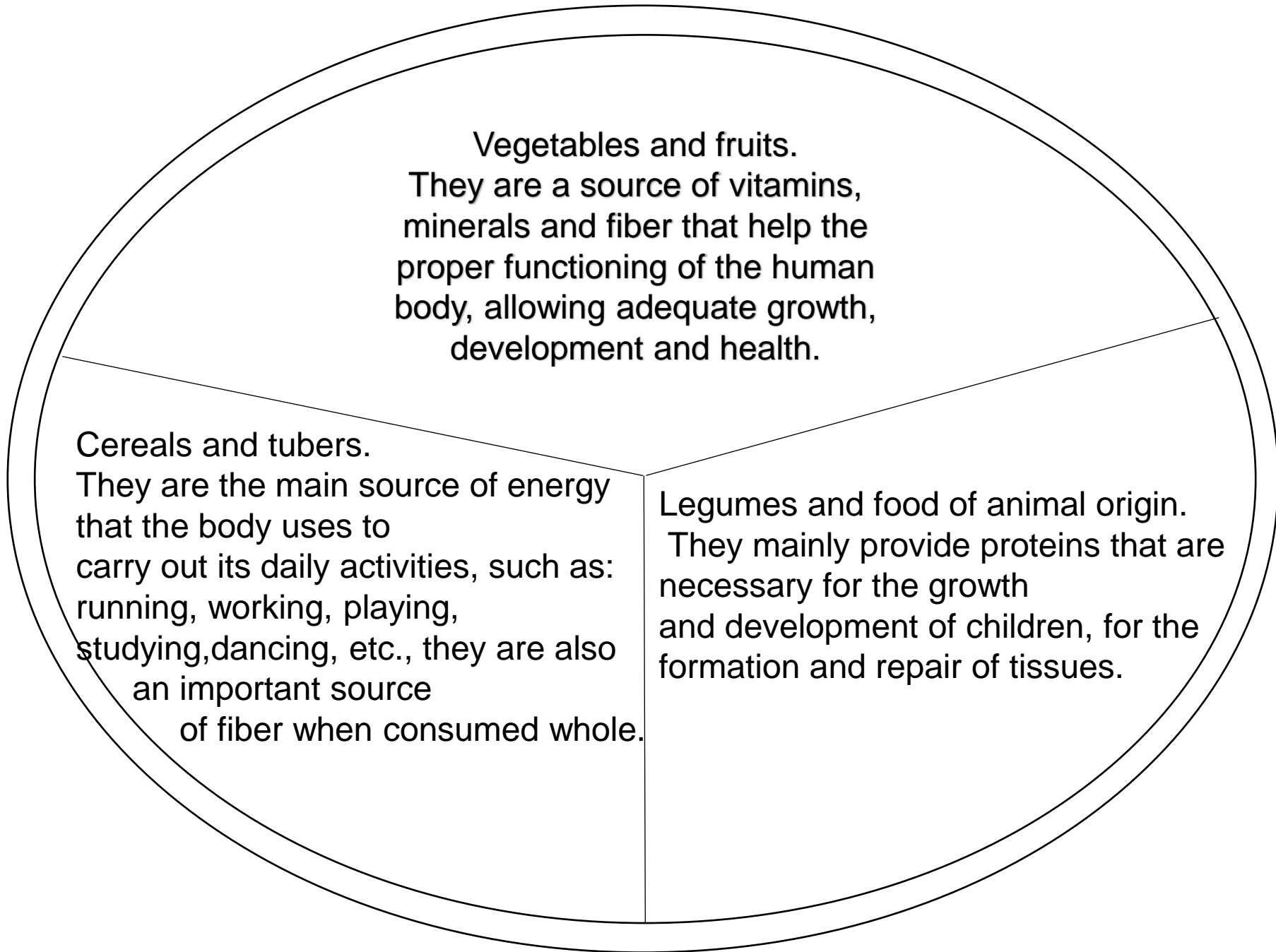
Mapa conceptual

Christian Acero Cristobal

Comitan 24/07/2020

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Vegetables and fruits.
They are a source of vitamins,
minerals and fiber that help the
proper functioning of the human
body, allowing adequate growth,
development and health.

Cereals and tubers.
They are the main source of energy
that the body uses to
carry out its daily activities, such as:
running, working, playing,
studying, dancing, etc., they are also
an important source
of fiber when consumed whole.

Legumes and food of animal origin.
They mainly provide proteins that are
necessary for the growth
and development of children, for the
formation and repair of tissues.

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