

A collage of various healthy foods including fruits, vegetables, grains, and proteins. The items are arranged on a white background. Visible items include: a glass of white milk, a loaf of whole grain bread, a bunch of bananas, a corn cob, a whole chicken, a carton of eggs, a piece of salmon, a lime, several bell peppers (red, yellow, green), a tomato, a bunch of grapes, a bunch of almonds, a bunch of walnuts, a bunch of blueberries, a bunch of raspberries, a bunch of strawberries, a bunch of cherry tomatoes, a bunch of green beans, a bunch of asparagus, a bunch of mushrooms, a bunch of onions, a bunch of garlic, a bunch of ginger, a bunch of turmeric, a bunch of black pepper, a bunch of cinnamon sticks, a bunch of nutmeg, a bunch of cardamom, a bunch of cloves, a bunch of allspice, a bunch of fennel seeds, a bunch of cumin seeds, a bunch of coriander seeds, a bunch of fenugreek seeds, a bunch of flax seeds, a bunch of chia seeds, a bunch of hemp seeds, a bunch of sunflower seeds, a bunch of pumpkin seeds, a bunch of sesame seeds, a bunch of rice, a bunch of quinoa, a bunch of buckwheat, a bunch of amaranth, a bunch of millet, a bunch of sorghum, a bunch of teff, a bunch of barley, a bunch of oats, a bunch of wheat, a bunch of rye, a bunch of speltz, a bunch of einkorn, a bunch of emmer, a bunch of farro, a bunch of kamut, a bunch of speltz, a bunch of einkorn, a bunch of emmer, a bunch of farro, a bunch of kamut.

ANTONIO CABRERA RAMIREZ  
UDS

# EDUCACIÓN ALIMENTARIA y NUTRICIONAL

para promover dietas saludables

¿POR QUÉ SE NECESITA LA EDUCACIÓN ALIMENTARIA Y NUTRICIONAL?

# UNIDAD III

## EDUCACIÓN Y PROMOCIÓN PARA LA SALUD

