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Materia: Ingles

Nombre de la licenciatura: Nutrición II



1) why are healthy foods important? for stay healthy and grow.

2) what do fruits and vegetables provide us with?  
Vitamins and minerals.

3) How do healthy food help our bodies?  
stay energized and keep our immune system.

4) Name some examples of healthy foods.

Apples, orange, carrots and broccoli.