

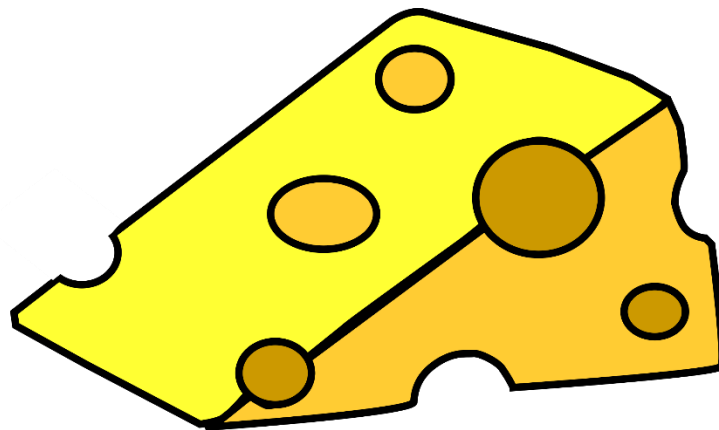
Koolhidrate

Hierdie voedselsoorte gee vir
ons energie.



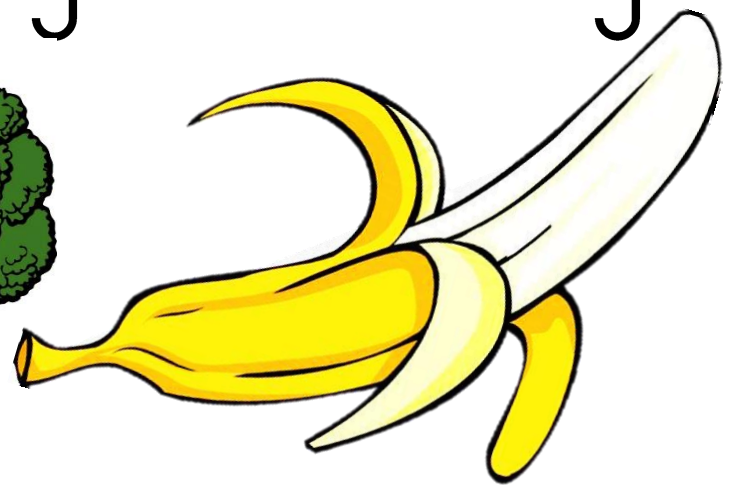
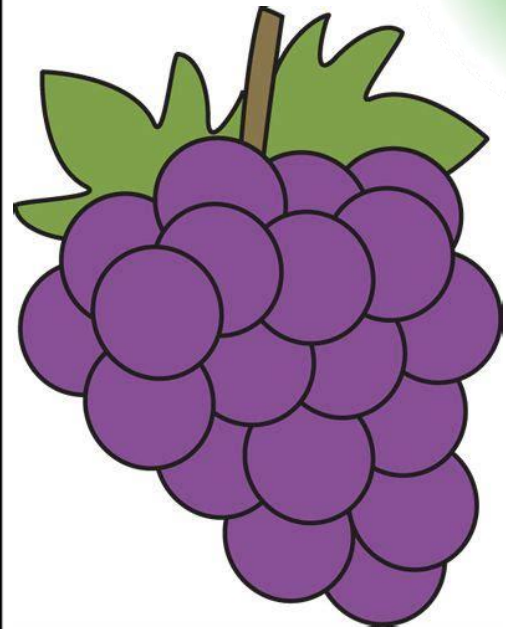
Suiwelprodukte

Suiwelprodukte maak ons bene sterker, veral wanneer ons nog jonk is en ons bene nog groei.



Vitamiene

Vitamiene en minerale help ons liggame om infeksie te bestry en gesond te bly.



Proteïen

Proteïen bou nuwe selle sodat ons liggame kan groei.

