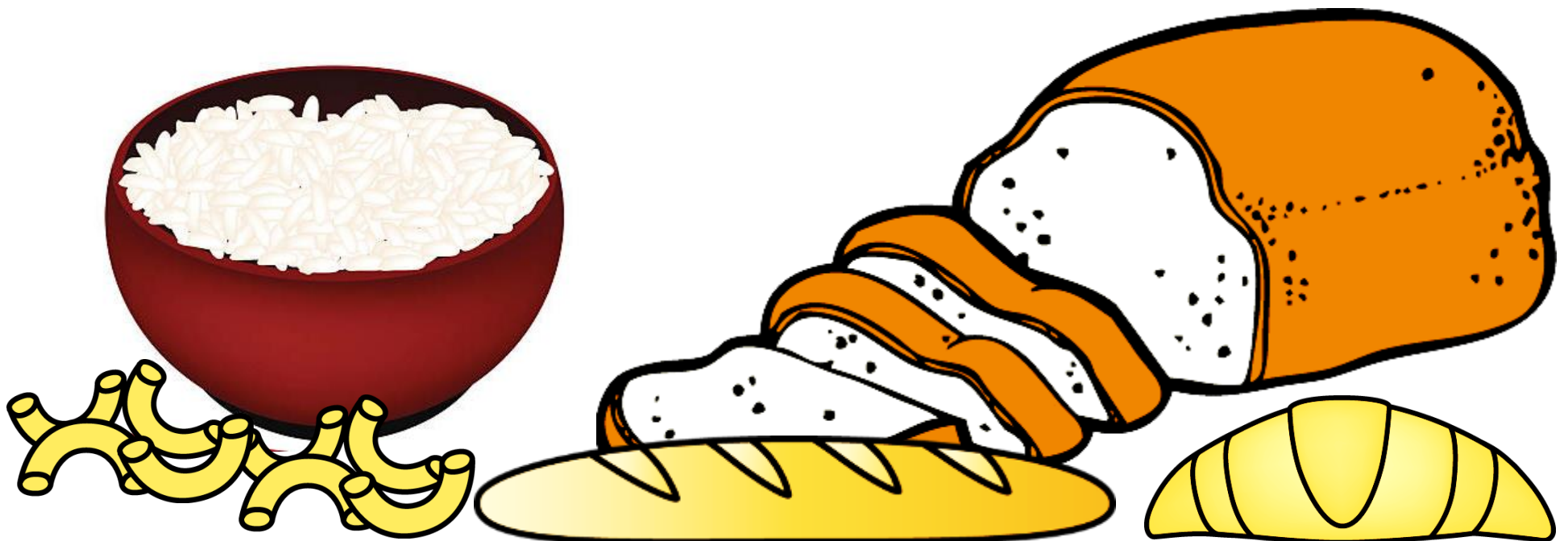


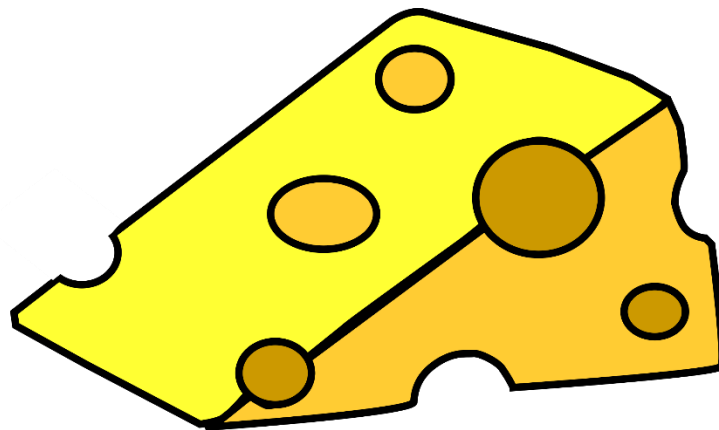
# Carbohydrates

These foods give us energy.



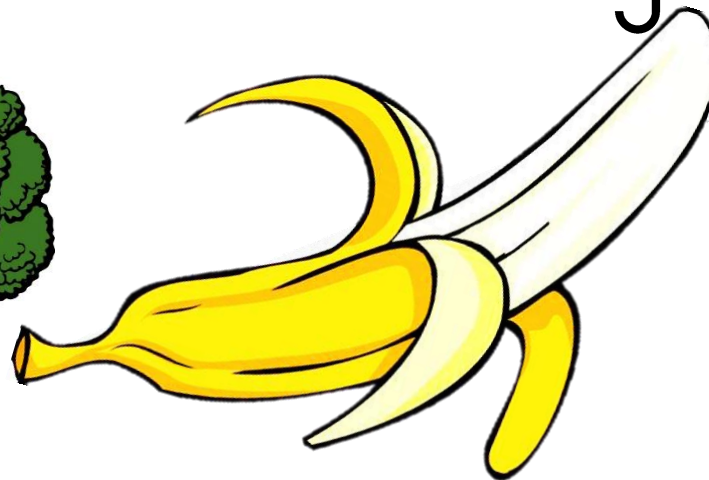
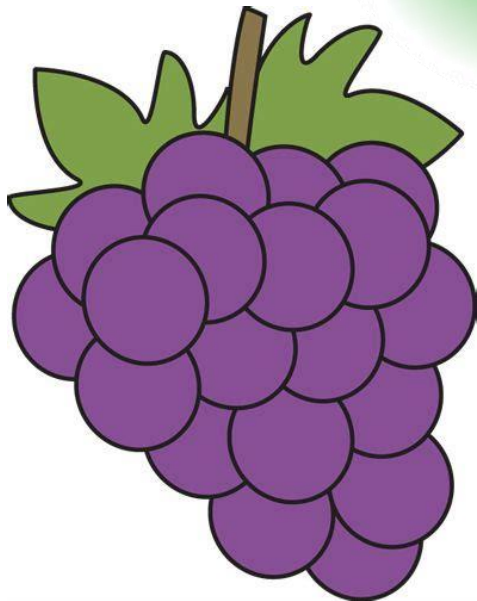
# Fats

We need fats for heat and energy



# Vitamins and minerals

Vitamins and minerals help our bodies to fight infections and to remain healthy.



# Proteins

Proteins build new cells for our bodies to grow.

