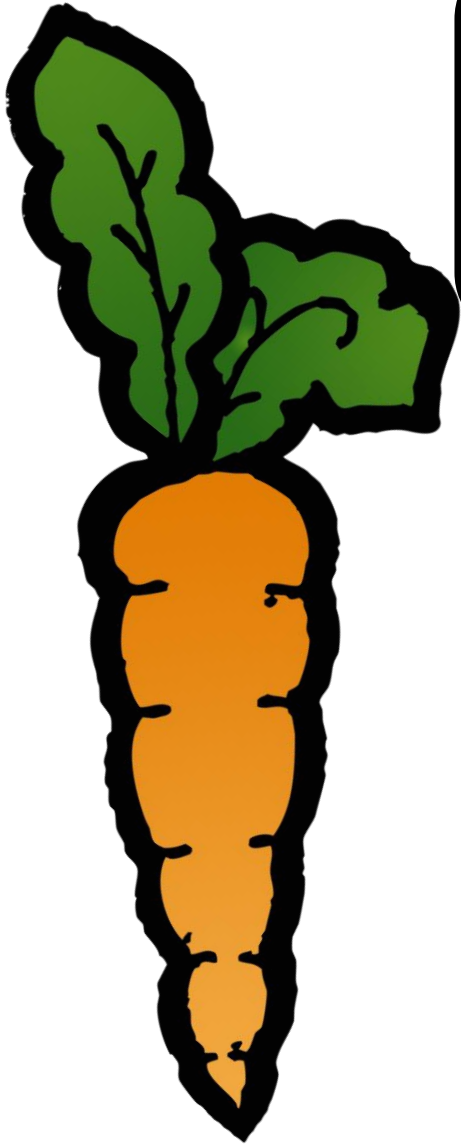
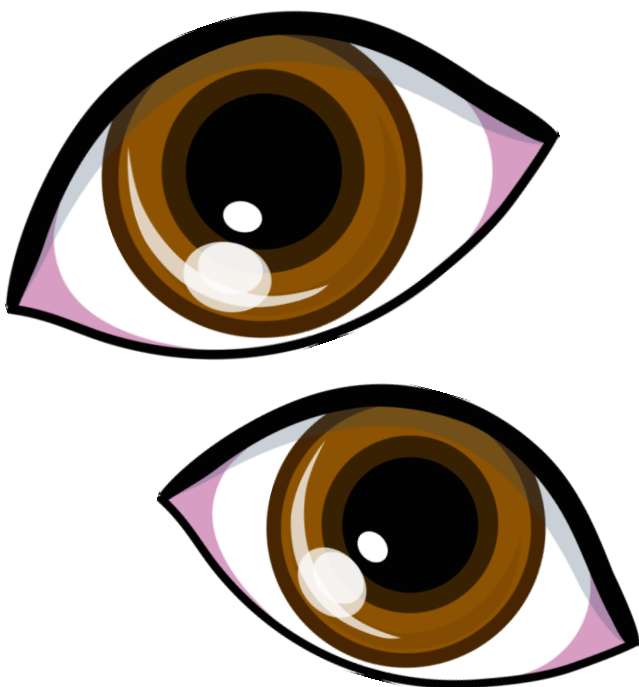


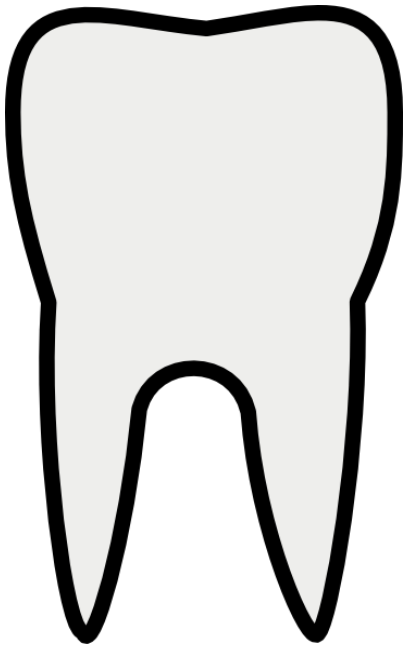
wortels



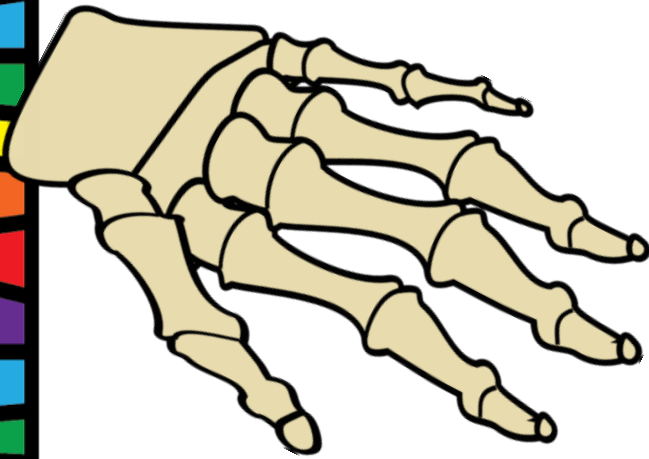
- Wortels is goed vir jou **oë**.

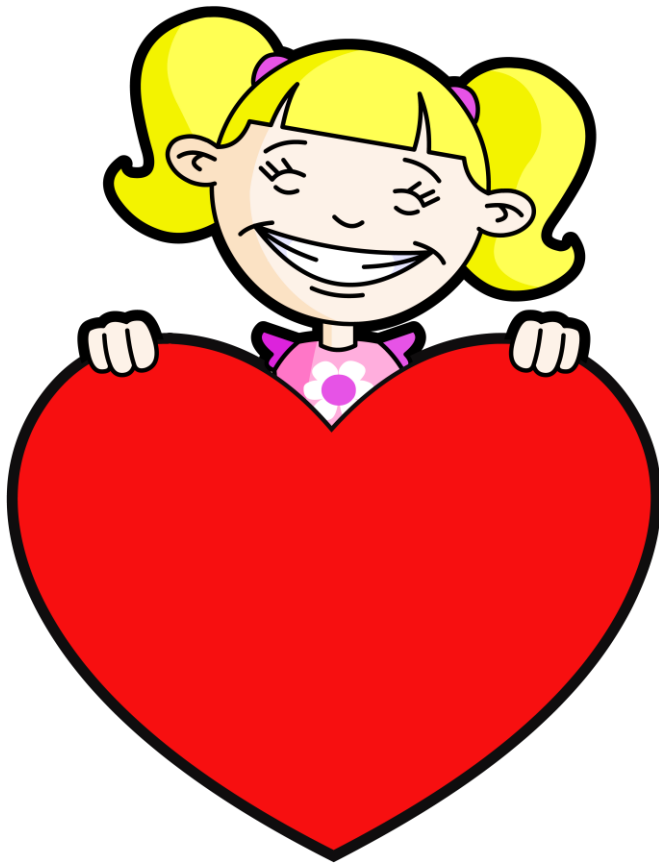
Dit help jou om beter te sien.



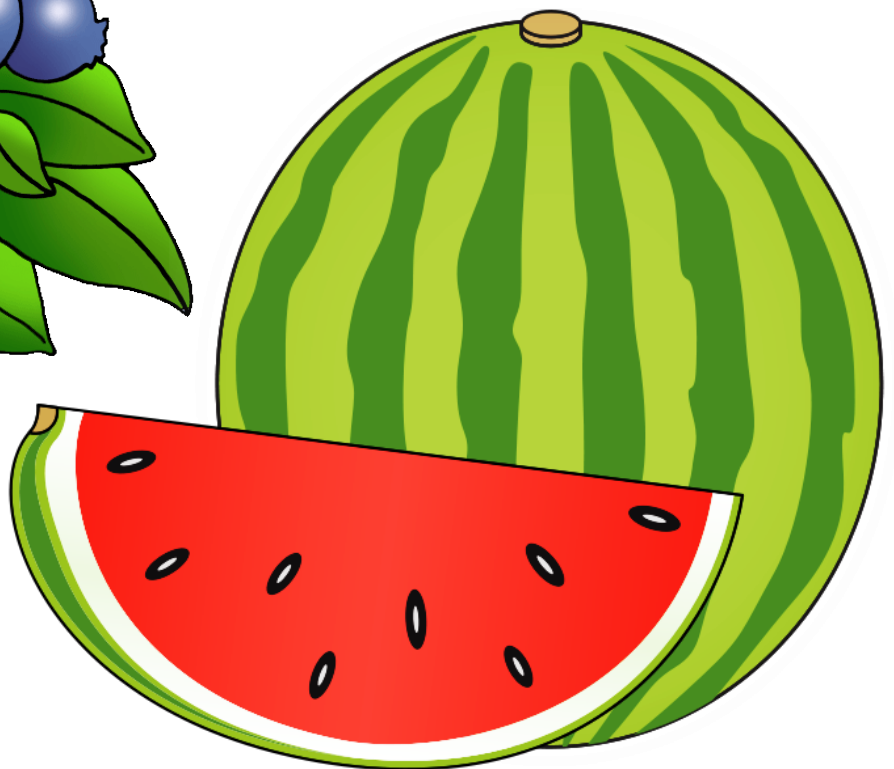
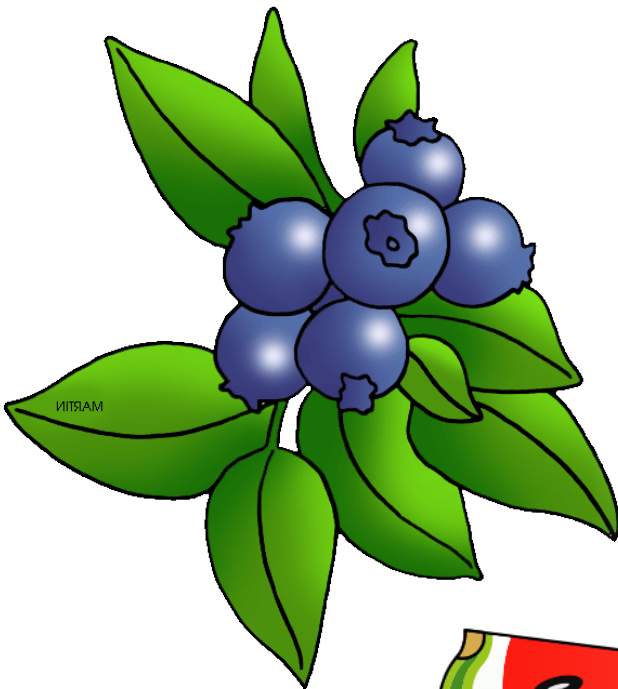
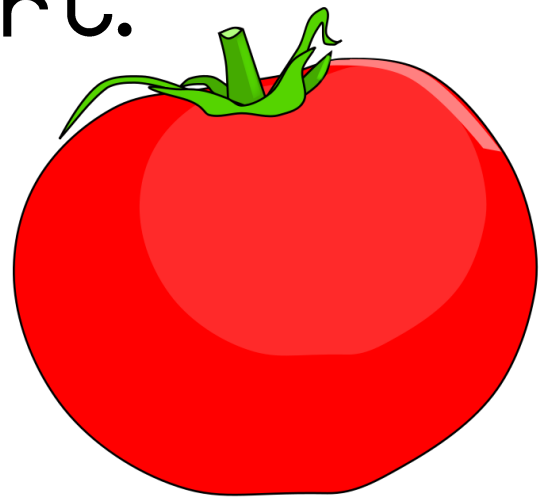


- Melk gee sterk tande en bene.
- Groente soos brokkoli en spinasie gee ook sterk bene en tande.



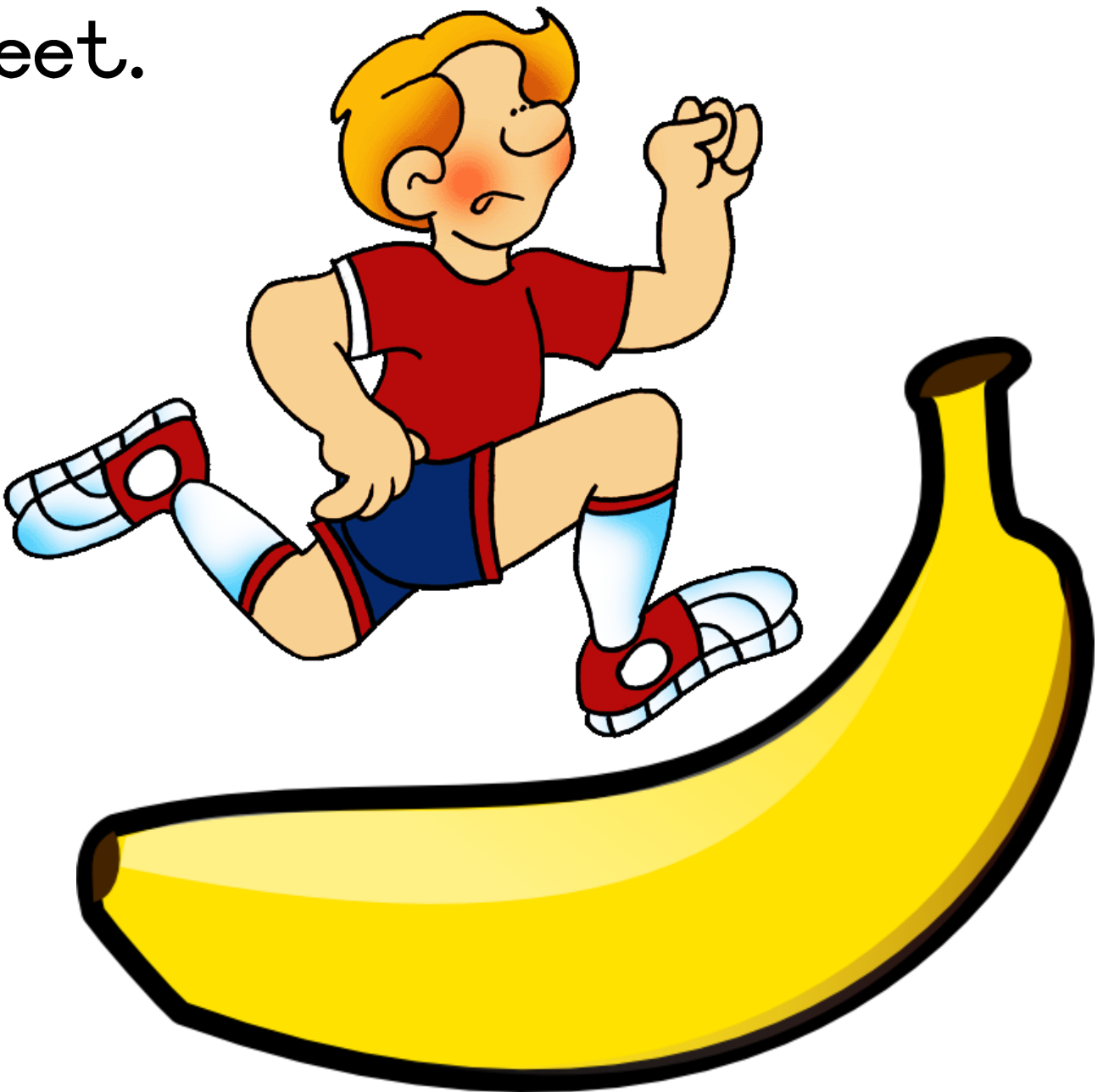


Bloubessies,
tamaties en
waatlemoen is
goed vir jou
hart.



piesang

Piesangs gee baie energie.
Dit is goed vir atlete om te
eet.



appel

Appels help
dat ons nie
vinnig siek
word nie.

