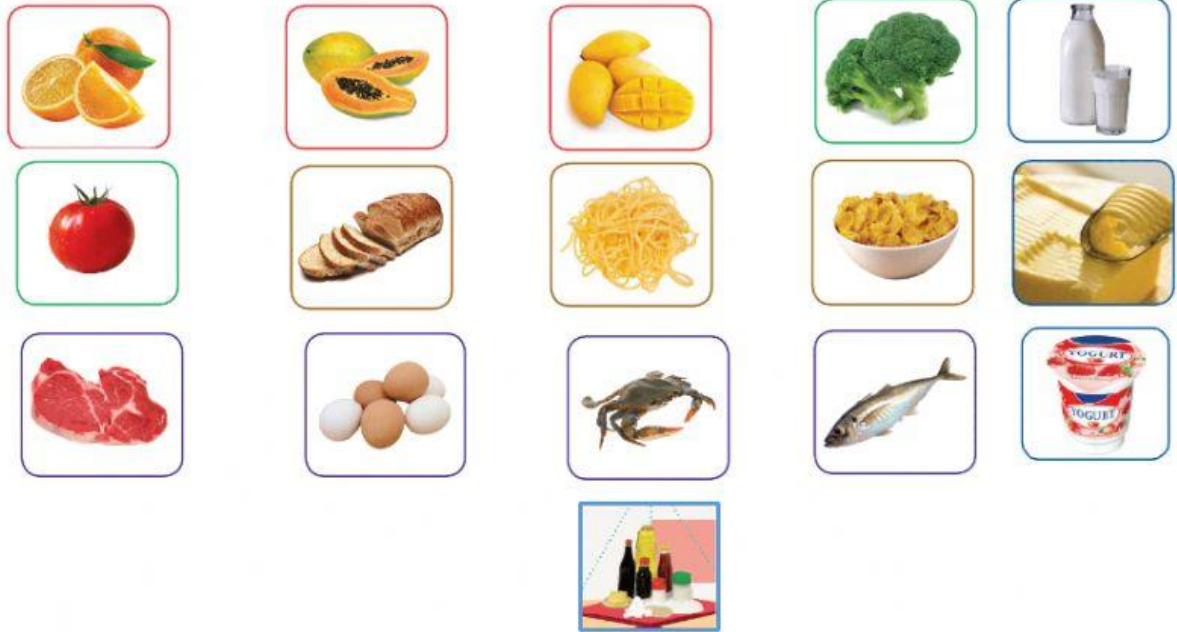


UNIT 4: TIPS FOR HEALTH AND SAFETY

HEALTHY FOOD INTAKE

Arrange the food in the correct intake group.



EAT ADEQUATELY	EAT PLENTY	EAT MODERATION	EAT LESS