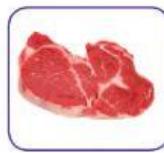


UNIT 4: TIPS FOR HEALTH AND SAFETY

HEALTHY FOOD INTAKE

Arrange the food in the correct intake group.



| EAT ADEQUATELY | EAT PLENTY | EAT MODERATION | EAT LESS |
|----------------|------------|----------------|----------|
| | | | |