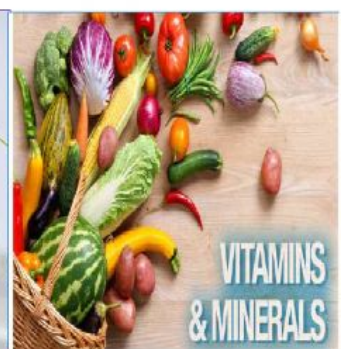


Match between the picture of the nutrients and it important to our body.



**Give a lot
of Energy.**

**Grow and
certain
functions**

**The main
source of
Energy.**

**For grow and
repair body &
tissues**