

NUTRITION



A BALANCED DIET

- Your body needs a constant supply of fuel to grow, develop and stay healthy.
- The fuel you need comes from the air you breathe, the food you eat and the water you drink.

WATER

Our bodies are 70% water.

CARBOHYDRATES

They give us energy. Carbohydrates are split into sugars (fast burning) and starches (long lasting).

PROTEINS

They help growth and repair cells, including teeth and nails.

Sugars

Starches



FIBRE

It is not absorbed into the body but helps digestion and excretion.

VITAMINS & MINERALS

They provide protection against illness and keep the body healthy.

FATS

They give us slow releasing energy. Too much fat can lead to obesity and heart disease.

Exercise is also an important element of staying healthy.

Remember: **KEEP HEALTHY!**

Nutrition Guide Ideas

**The American Dietetic Association
(ADA), Roberta Larson Duyff**



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web his many novels include the human comedy 1943 and mama i love you 1956 in his works saroyan often portrays the problems of eccentric good hearted characters they were to eat peaches as planned after her nap and now she sat across from the man who would have been a total stranger except that he was in fact her father

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web there it came to a thoughtful stop who is it the girl said gaston where does he live well he used to live in this peach seed but now that the peach has been harvested and sold and i have eaten half of it it looks as if he s out of house and home aren t you going to squash him

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web aug 26 2014 gaston by william saroyan in 1962 by that time saroyan had been living mostly in paris for three years the story won of the o henry awards in 1963

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web just like in the story gaston by william saroyan the little girl s relationship with her father is very much like my own when the girl visits him after an undisclosed amount of time they have a moment together with a peach and little bug named gaston the bug gaston symbolizes the father and in relevance to the peach the peach

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