

chapter

Mindful eating : A path to Healthy Body

NAME :

DATE : / /

Key words

* carbohydrate

Rickets

Culinary practices

Boughage

Deficiency deficiency diseases Scurvy

Fats

Vitamins

Food components.

Analysis

Food miles

compare

Iodized salt

Inter

Millet

interpret

Minerals

Investigate

Nutrients

Observe

Proteins.

Prediction
survey.