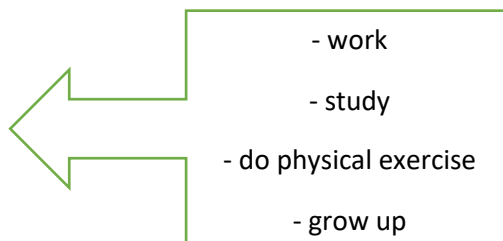
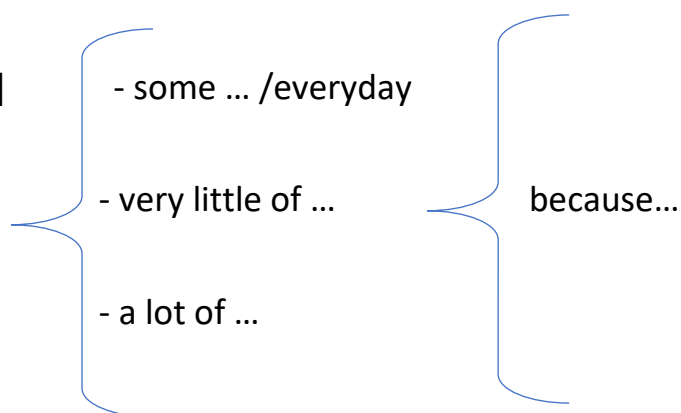


Advices for a healthy life style

1. Energy giving foods - rich sources of carbohydrates of fats and provide us with energy to



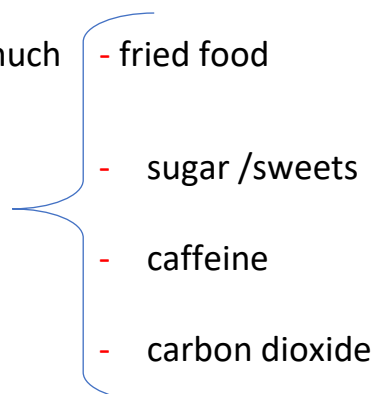
2. I have to drink /eat |... |



3. ... has got | lots of fats | lots of calories

| lots of vitamins | minerals

| too much



4. ... can't eat | lots of fats | lots of calories

In: <https://sol.du.ac.in/mod/book/view.php?id=1422&chapterid=1283>