Energy Giving Foods (GO)
Body Building Foods (GROW)
Protective Foods (GLOW)
Go, Grow and Glow Food Groups

Protective (GLOW)
- Vit. A rich fruit & vegetables
- Other fruit & vegetables

Body Building (GROW)
- Eggs
- Dairy
- Legumes, nuts
- Meat, fish, poultry

Energy Giving (GO)
- Grains, roots, tubers
Healthy Meals and Snacks
Weighing and Measuring Children

SESSION 5

For TM Page 20-21
Weighing and Measuring Children
SESSION 5

Weighing and Measuring Children

For TM Page 25-26
Food Path for Cooked Foods

Preparation → Cooking → Serving → Eating
Food Consistency