

WHAT IS BALANCED EATING?

• Carbohydrates like bread, pasta, rice, cereals, fruits, vegetables, etc.

• Contains foods like whole grains, vegetables, fruits, lean proteins, etc.
• Is available at any weight.

• **ADAPTATION** - The body's response to a change in environment or conditions.
• **ACCOMMODATION** - The ability to adjust to new conditions or environments.

• **VARIETY** - The presence of different types or forms of something.
• **MODIFICATION** - The process of making something different or altered.

