

Wellness

CAMPUS

MODULE 3 GROW FOODS



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- Our muscles may be weak.



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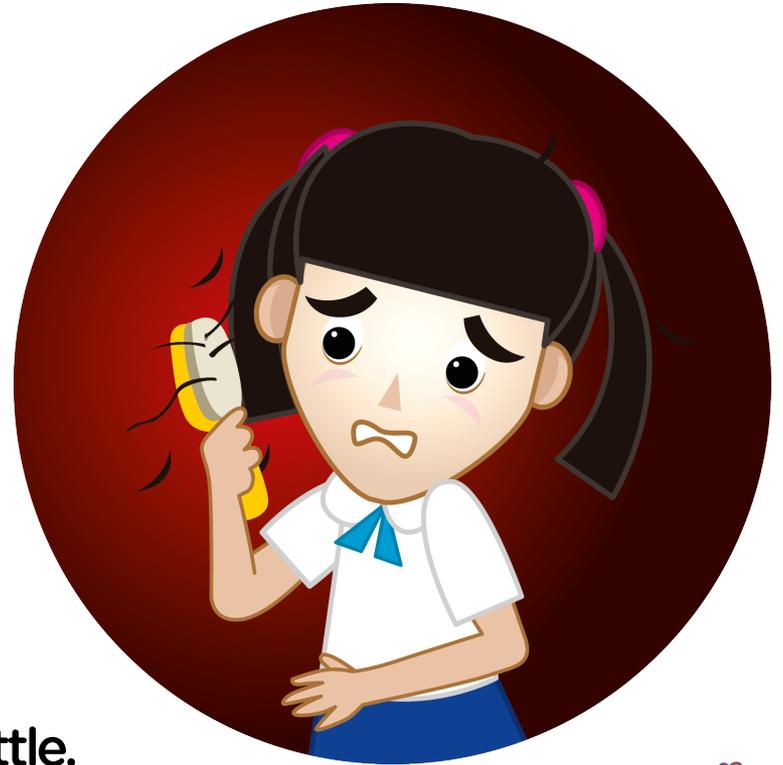
- Our muscles may be weak.
- Our wounds might take longer to heal.



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If we do not get enough Grow foods, we will lack protein and amino acids which may lead to the following...

- Our muscles may be weak.
- Our wounds might take longer to heal.
- Our hair and nails may become brittle.



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If we do not get enough Grow foods, we will lack protein and amino acids which may lead to the following...

- Our muscles may be weak.
- Our wounds might take longer to heal.
- Our hair and nails may become brittle.
- Our growth may be stunted.

