# Food

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# Introduction

Food is important for every living being , It helps one grow and develop. All that we eat and drink is called food. Some foods help our body and thus are important, while some are bad for health.

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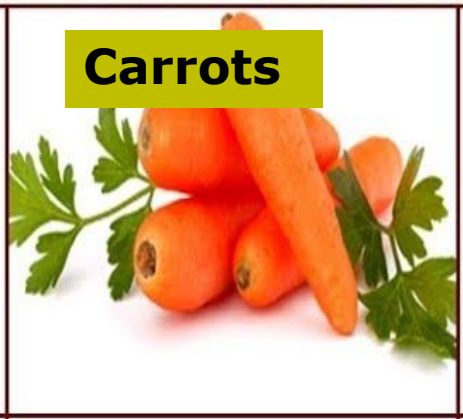
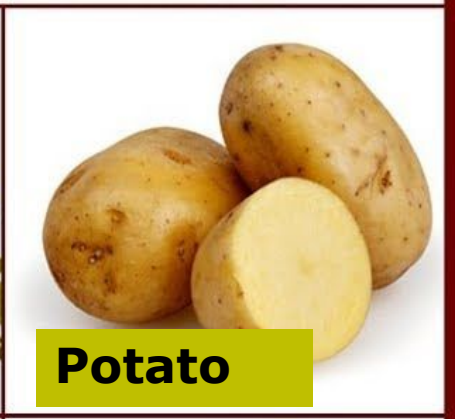
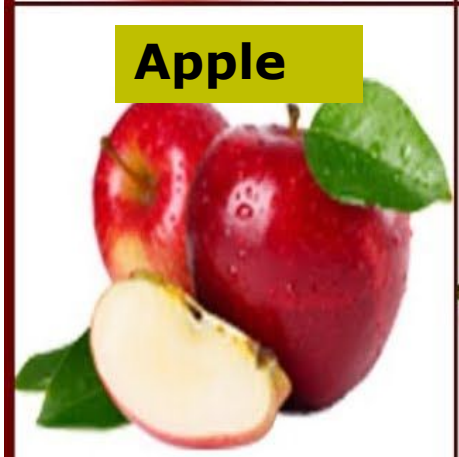
# FRUITS & VEGETABLES



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