

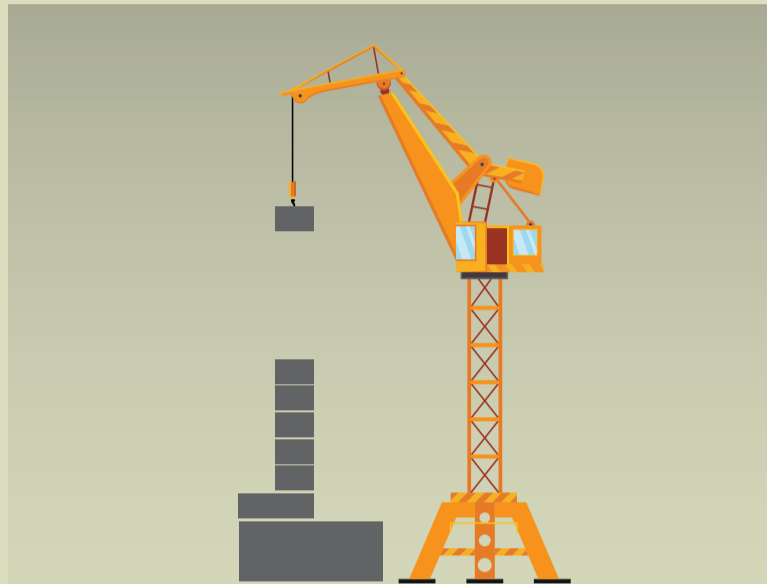
Triguna Makanan

Three Functions of Food



Energy

To provide energy to fuel our activities such as working, thinking and performing other physical activities .



Growth

To repair and build our bodies' tissues, necessary for the formation of bones, teeth, muscles, skin and blood .



Regulation

To regulate various activities of our bodies to function well, including fighting viruses and infections .

