

# **Food Groups And Nutrition Research Activity**

How a simple idea by reading can improve you to be a successful person? Reading is a very simple activity. But, how can many people be so lazy to read? They will prefer to spend their free time to chatting or hanging out. When in fact, reading will give you more possibilities to be successful completed with the hard works.

By reading, you can know the knowledge and things more, not only about what you get from people to people. Book will be more trusted. As this food groups and nutrition research activity , it will really give you the good idea to be successful. It is not only for you to be success in certain life you can be successful in everything. The success can be started by knowing the basic knowledge and do actions.

From the combination of knowledge and actions, someone can improve their skill and ability. It will lead them to live and work much better. This is why, the students, workers, or even employers should have reading habit for books. Any book will give certain knowledge to take all benefits. This is what this food groups and nutrition research activity tells you. It will add more knowledge of you to life and work better. Try it and prove it.

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