Look at the video and answer these questions:

What kind of document is it?
When and where was it released?
How is the main character?
Who were the producers?
What does this document explain?
What are the three main needs for the Human Body or what must man eat to be healthy.
Production Notes:

Produced under the auspices of the Coordinator of Inter-American affairs.

Careless Charlie was the main "character" Disney used to present health issues in the CIAA shorts. At the start of each short, Careless Charlie- a poor Latin husband and father- does everything wrong that is causing the health problems. By the end of each short, Careless Charlie understands what needs to be done and becomes Careful Charlie.

Alternate Title: "Health For The Americas: Planning For Good Eating."