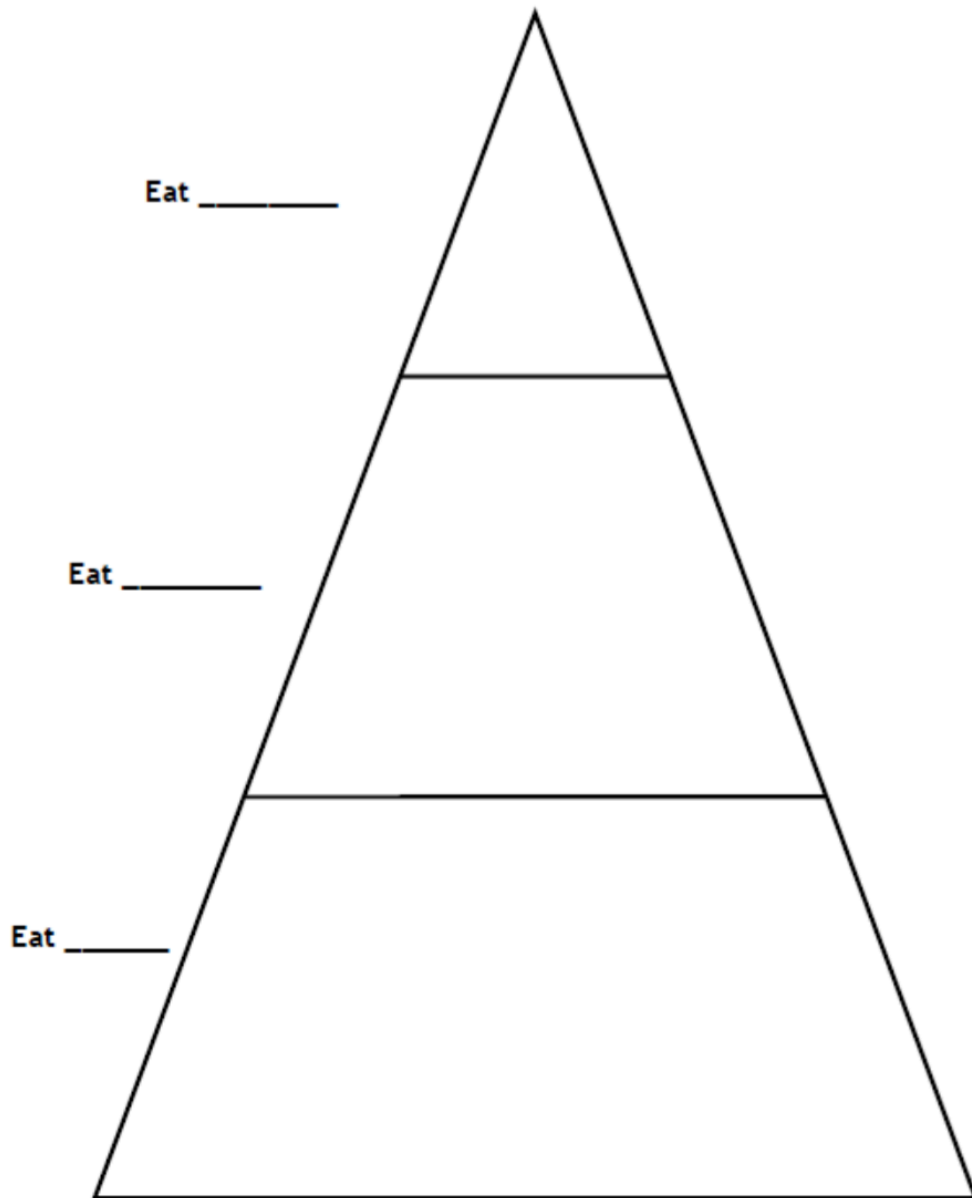


Think about the food you usually eat in one day.

Draw, write or attach picture of foods to the correct section of the pyramid.



What do you notice about your diet?