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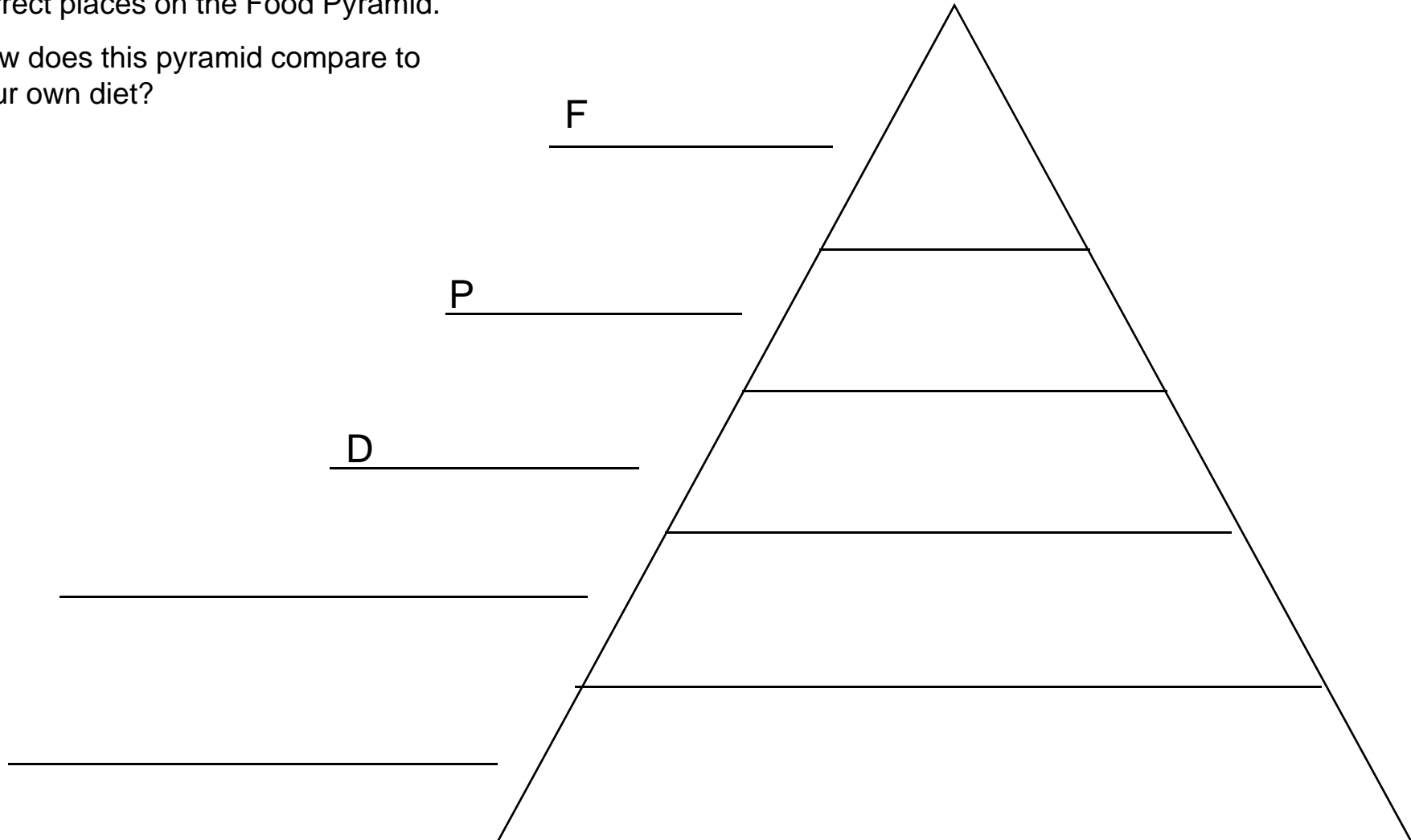
Date:

Find out which foods you should eat, and how often.

Draw examples of these foods in the correct places on the Food Pyramid.

How does this pyramid compare to your own diet?

Food Pyramid



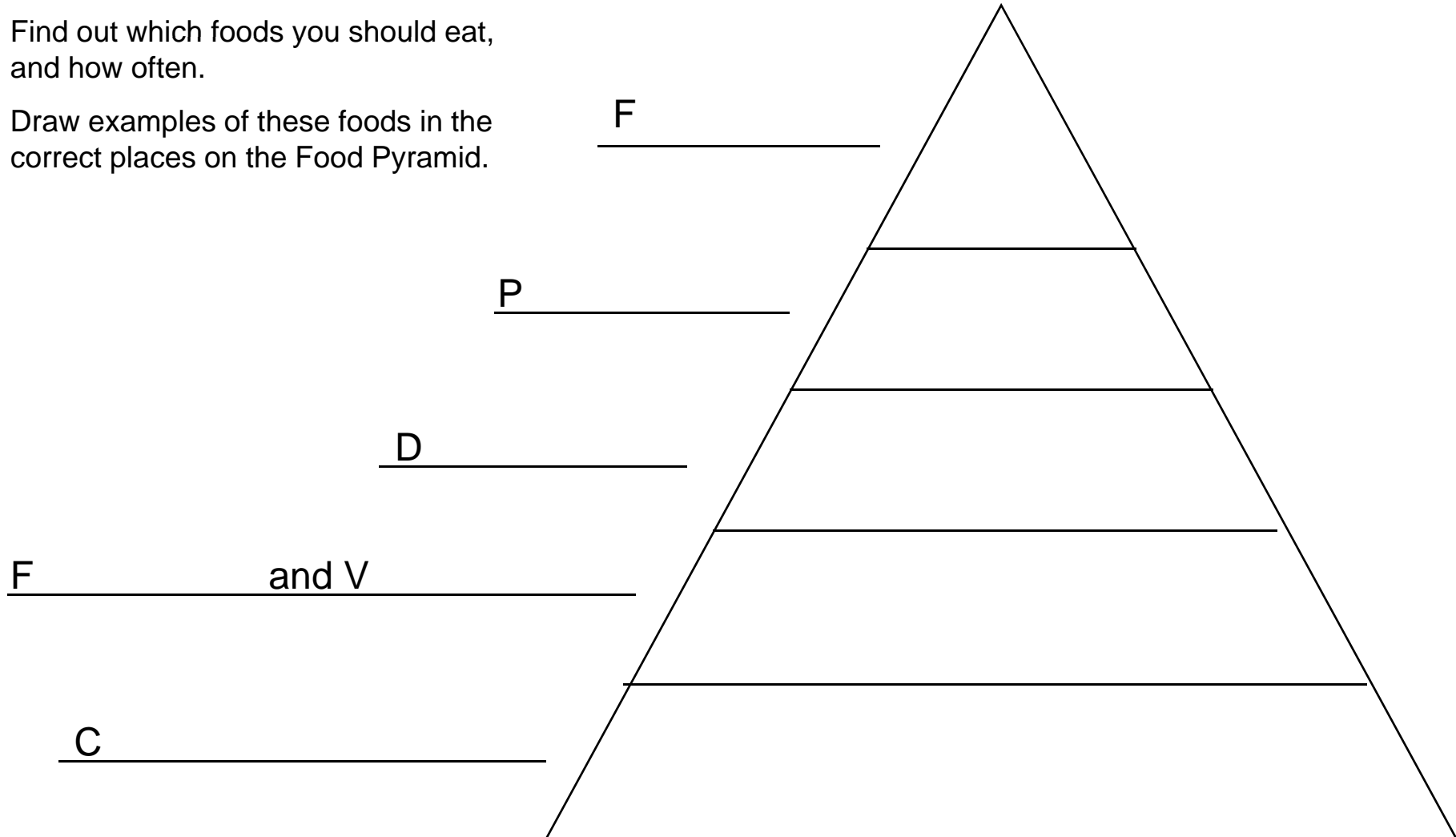
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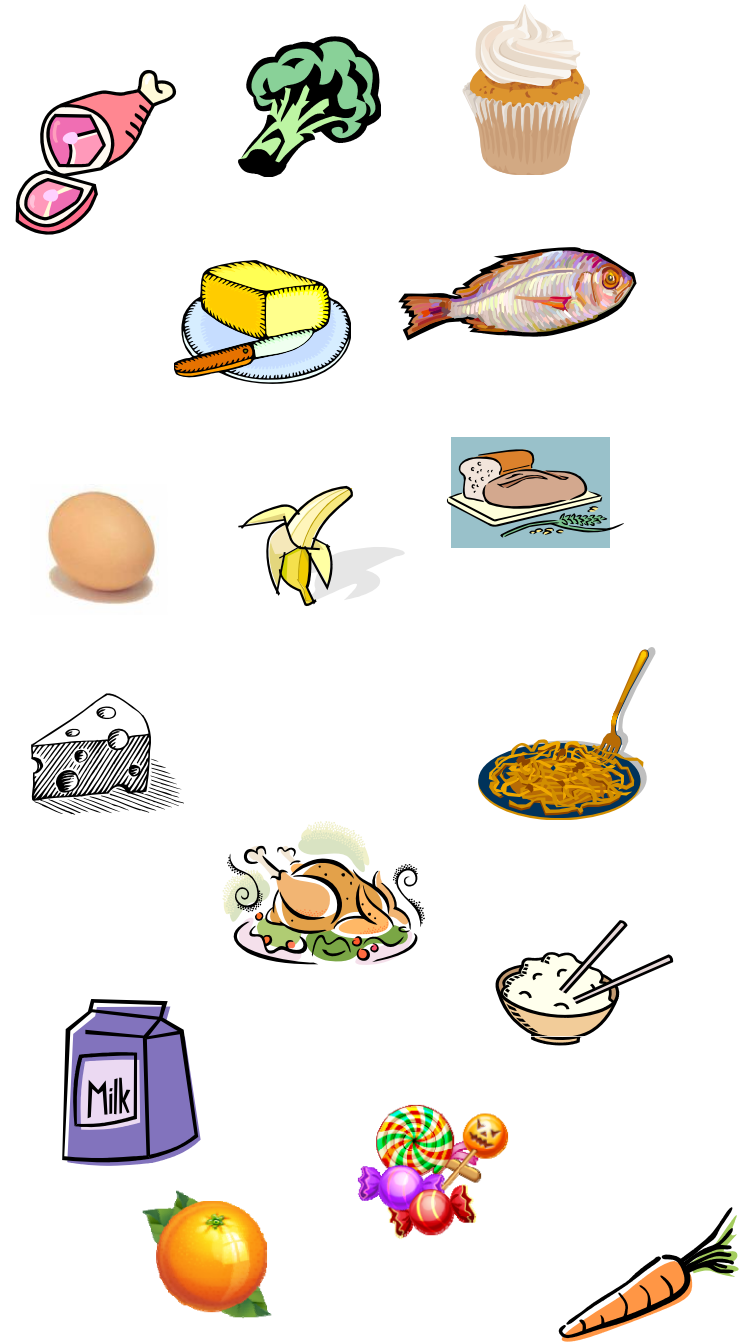
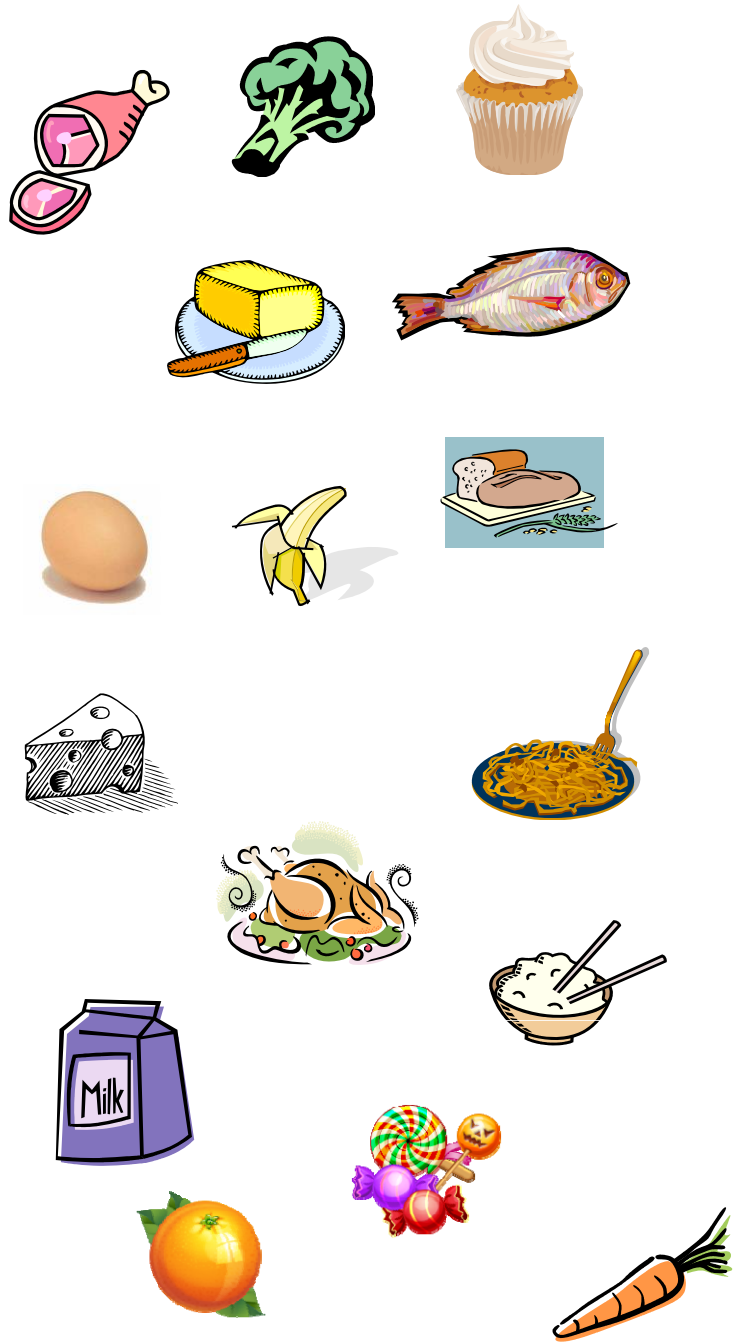
Date:

Food Pyramid

Find out which foods you should eat,
and how often.

Draw examples of these foods in the
correct places on the Food Pyramid.



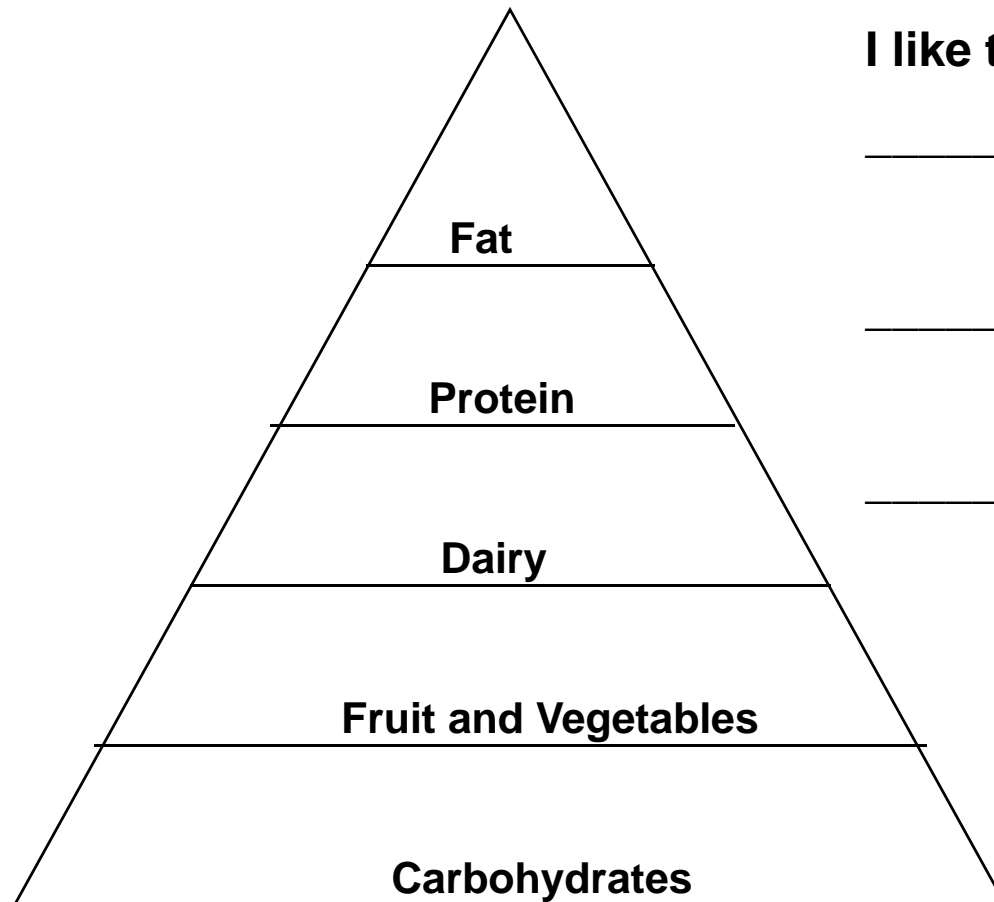


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Can you stick the different foods onto the Food Pyramid?

Food Pyramid



I like to eat these foods:
