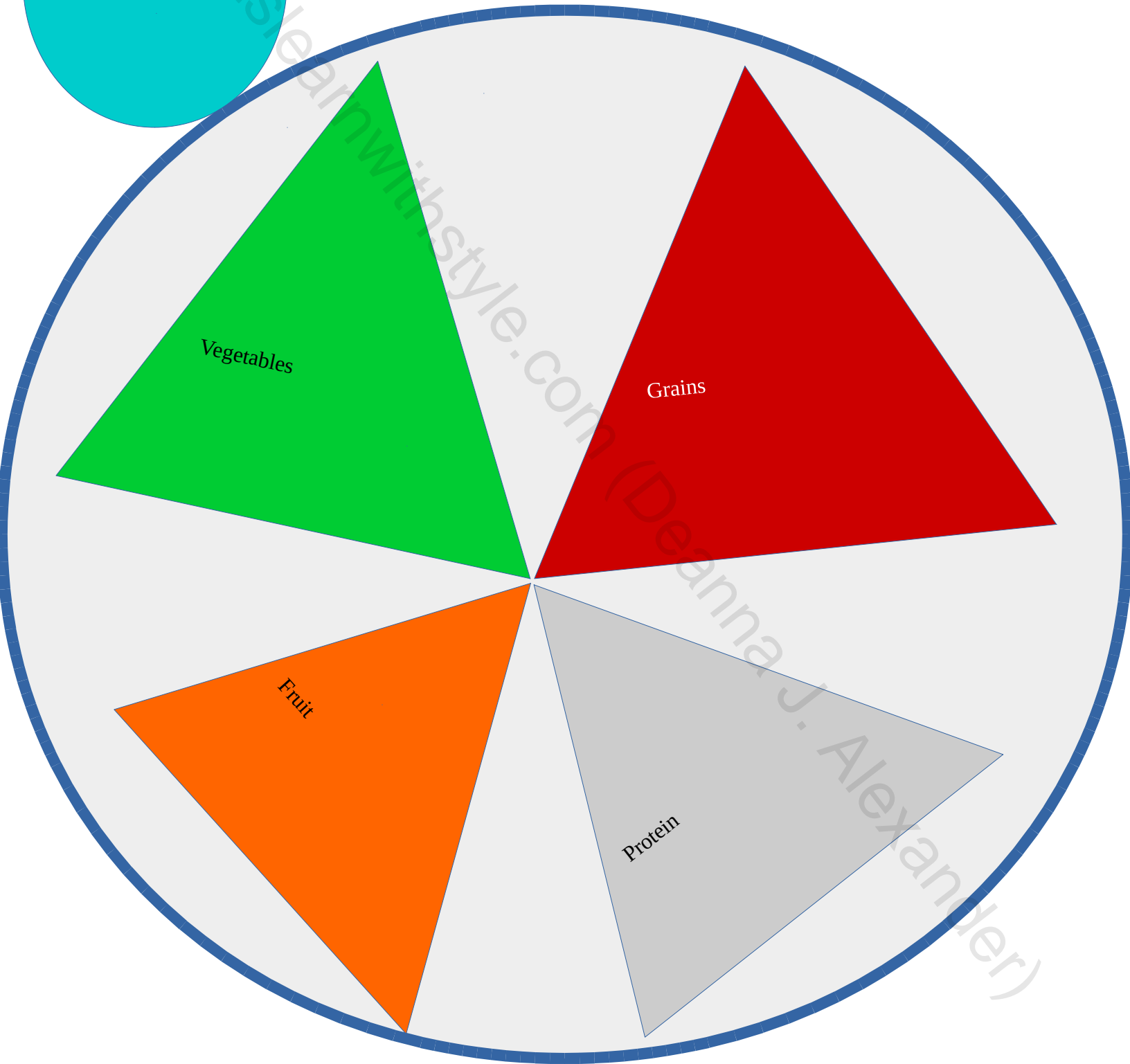
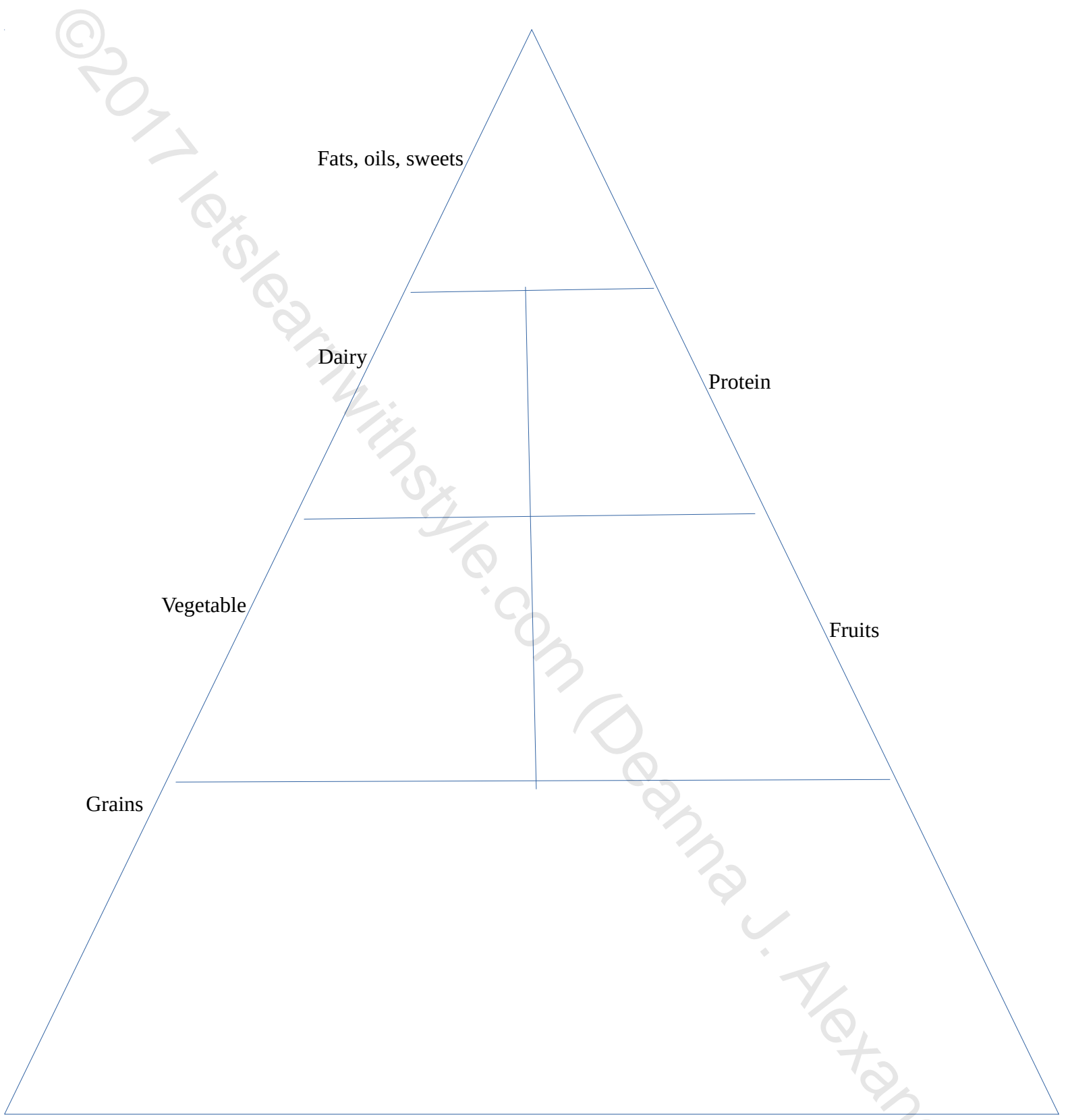


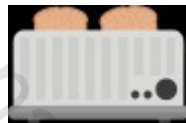
Use a magazine, drawings and/or printed pictures to make a nutritious balanced meal. Place the recommended servings in each section.





Make a healthy food plan for one day. Use magazines, printed food items and/or drawings to put the recommended number of servings in each section of the pyramid.

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Use a magazine, drawings and/or printed pictures to make a nutritious balanced meal. Place the recommended servings in each section.

Dairy

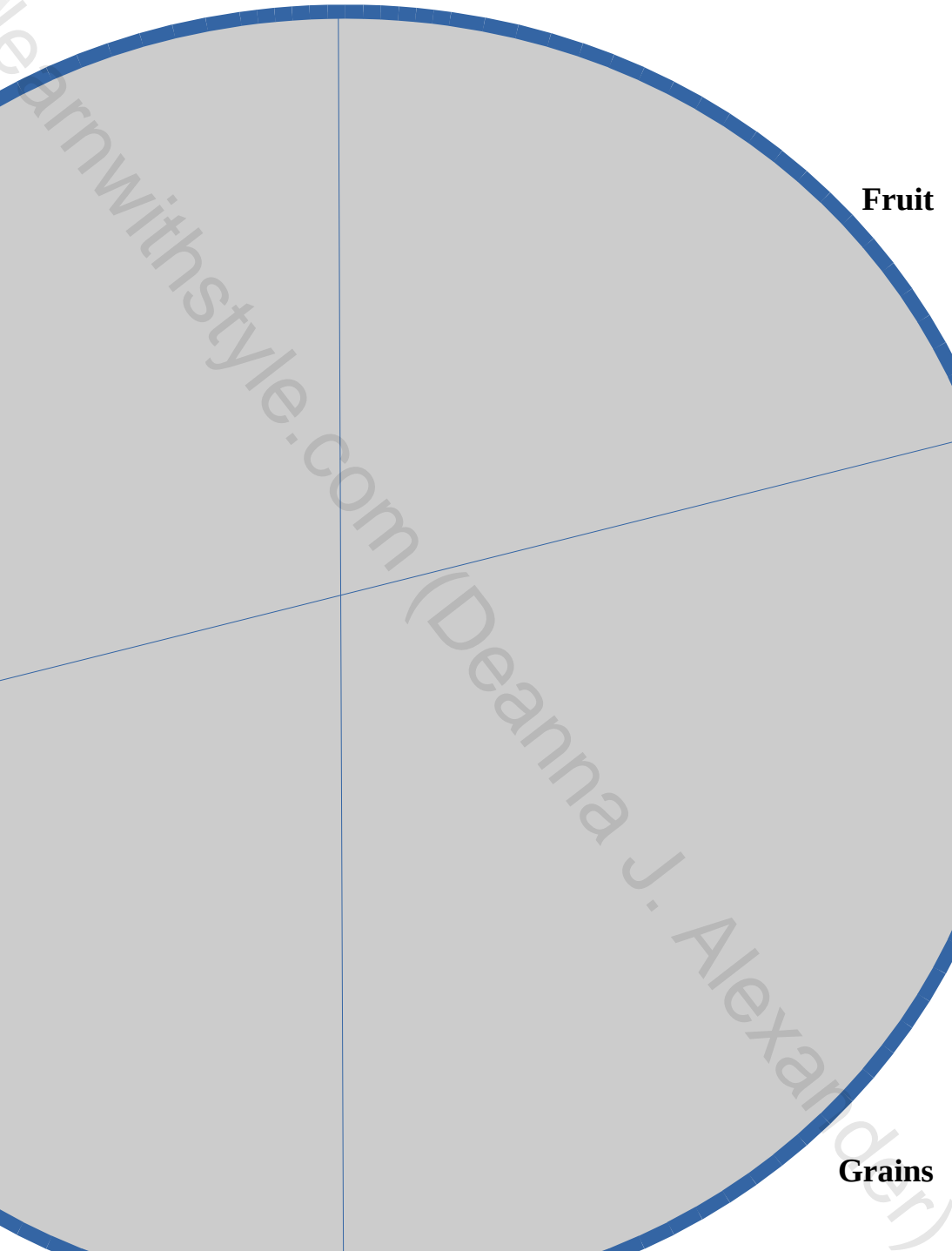
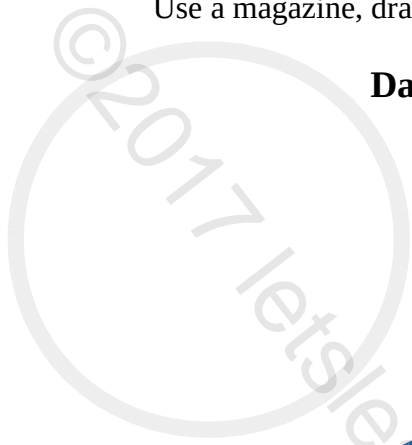


Vegetables

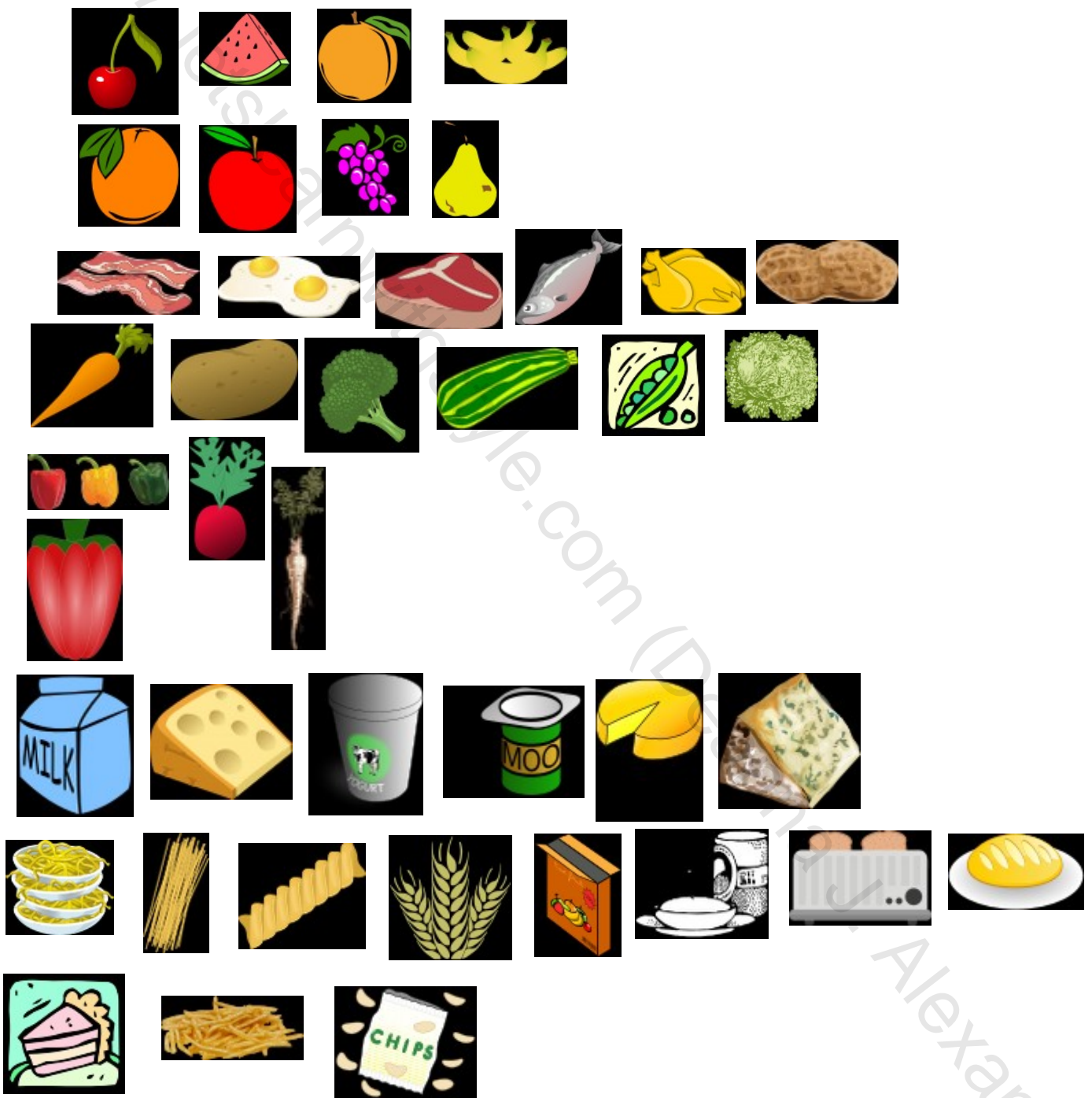
Fruit

Grains

Protein



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