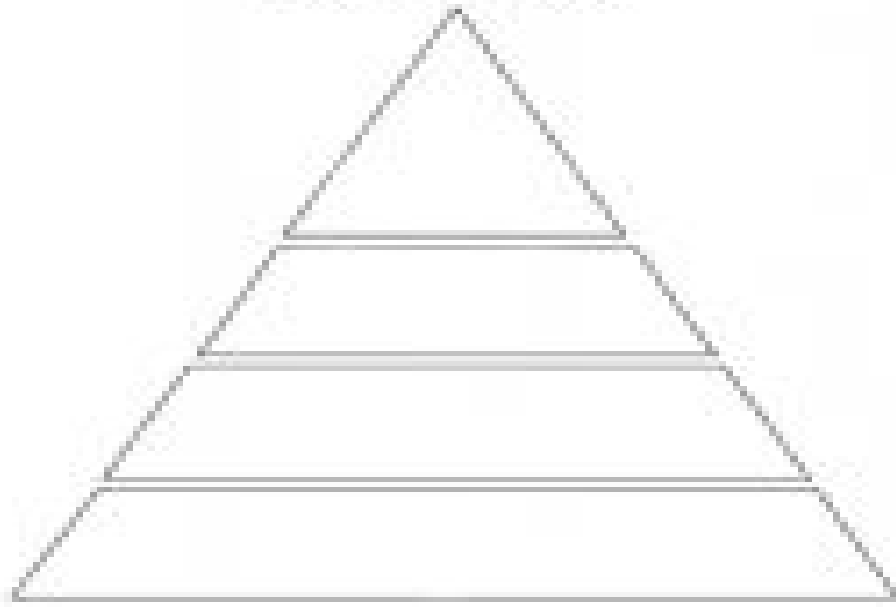


HEALTHY EATING



1. Write the name of the food group in each level of the pyramid.

2. Write the number of servings of each food group you should eat each day in the box next to the food group name.