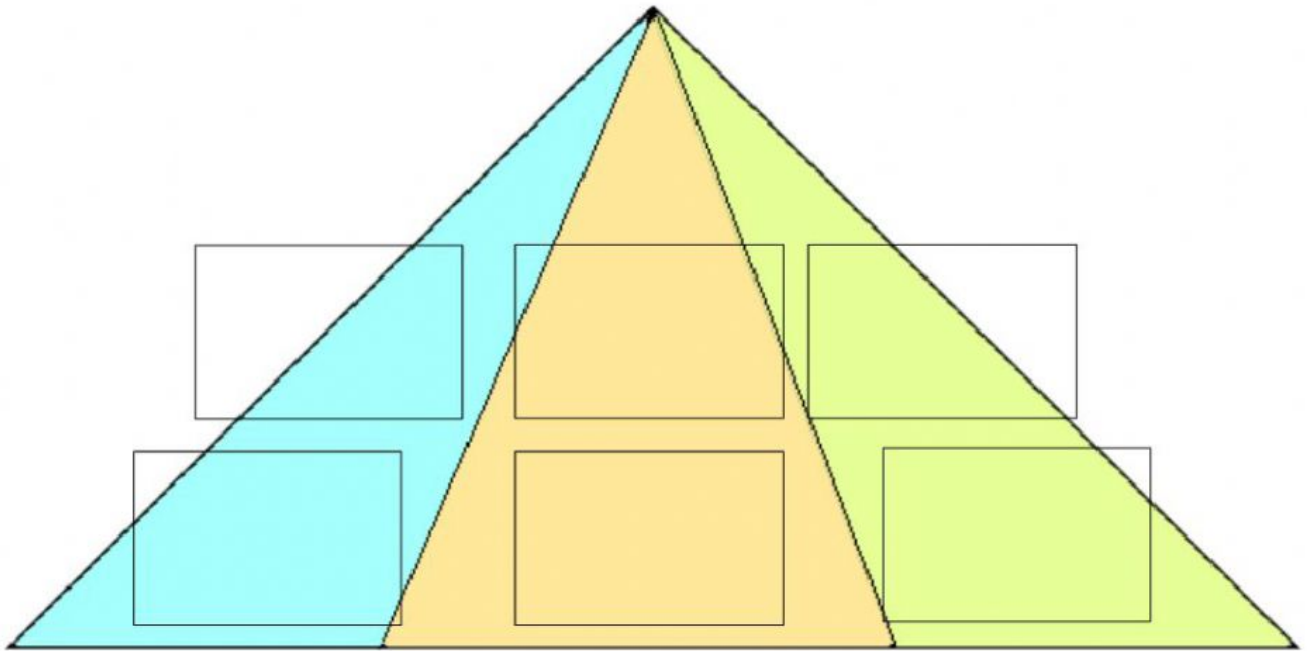


MY FOOD PYRAMID

What do you have for
breakfast/ lunch/ dinner?

1. Complete the pyramid food with the following pictures.



Breakfast

Lunch

Dinner



MY FOOD PYRAMID

2. Complete the chart with your information.

	For breakfast, I have _____.
	For breakfast, _____.
	For lunch, I have _____.
	For lunch, _____.
	For dinner, I have _____.
	For dinner, _____.

3. Write some food that you consider healthy and unhealthy.



Healthy	Unhealthy
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

