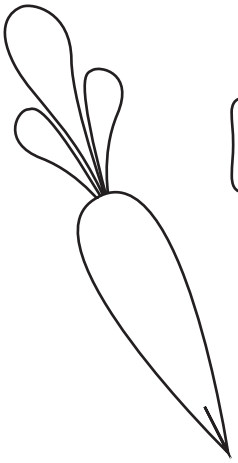
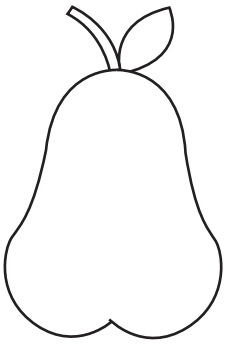
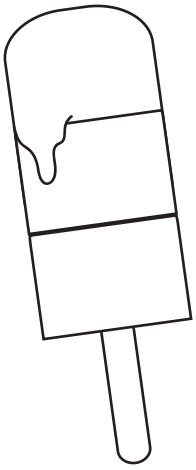


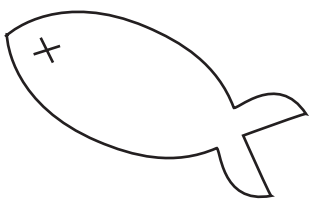
Importance of a Balanced Diet

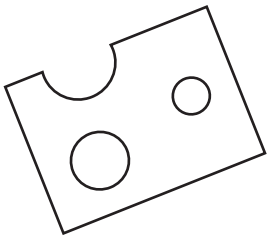


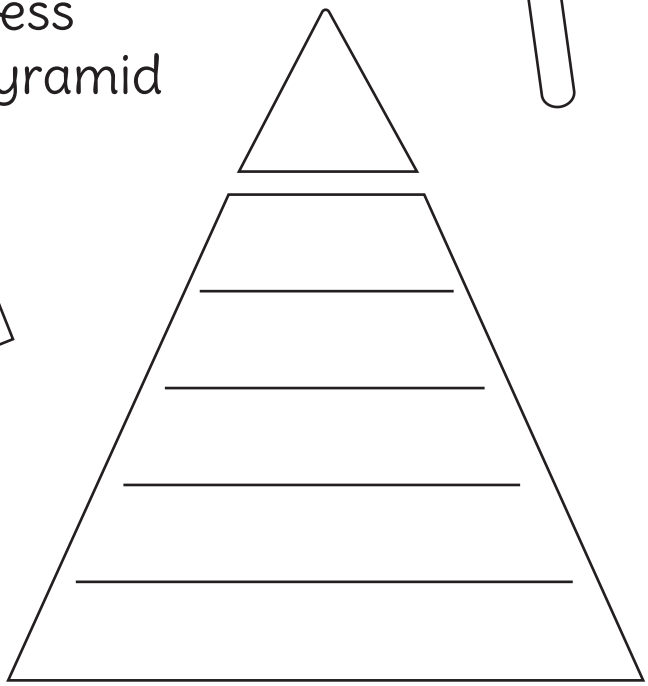
Pictionary:

1. Split the classroom into 3 groups.
2. Get one student from each group to stand at the whiteboard.
3. They get 15 seconds to draw any type of food they want.
4. After 15 seconds the group has to guess what food they have drawn.
5. Then the group has to guess which level of the Food Pyramid this food is from.









THE LUNCH BAG

'Empowered, Educated Eating'