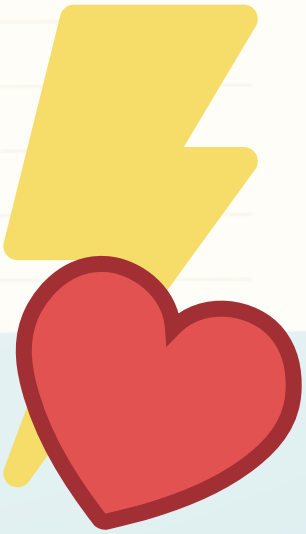
Importance of a Balanced Diet

Discuss as a class what each different level of the Food Pyramid is important for!



THE LUNCH BAG

'Empowered, Educated Eating'

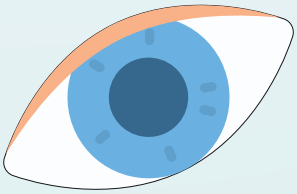
Fruit and Vegetables

Important for . . .

Eyes

Heart

Skin



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Breads, Cereals, Potatoes, Pasta & Rice

Important for . . . Energy

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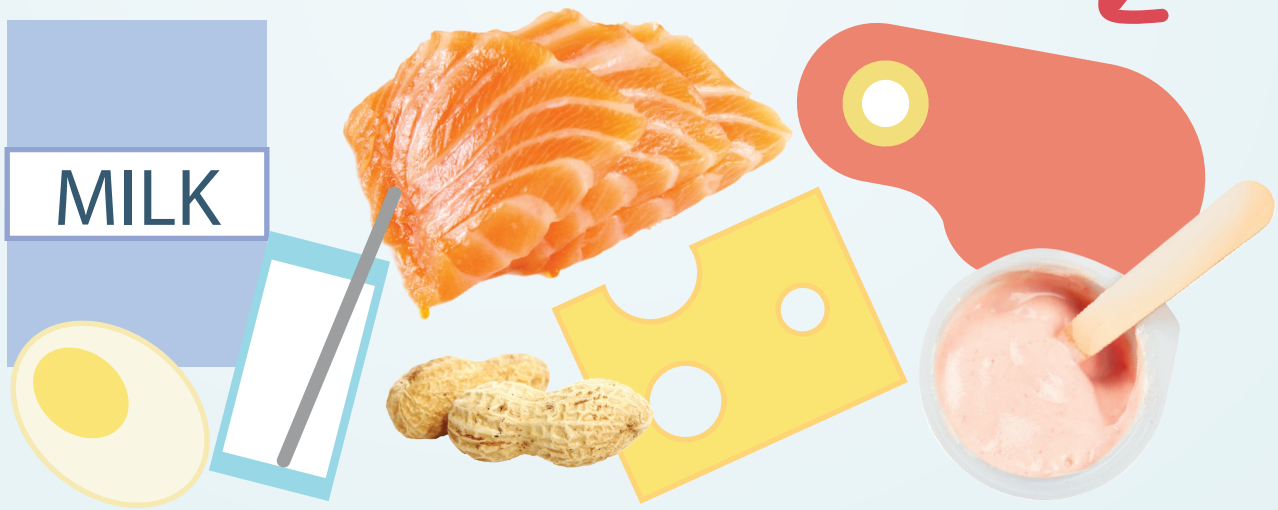
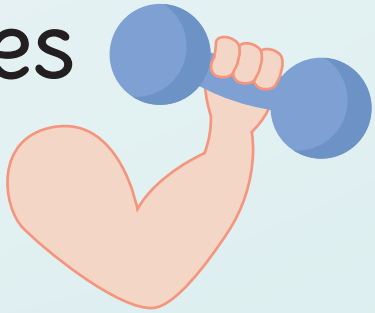
Protein: Meats, Beans, Lentils and Dairy



Important for . . . Bone health

Muscles



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Oils and Butter (use sparingly)

Important for . . . Heart health

Feeling full

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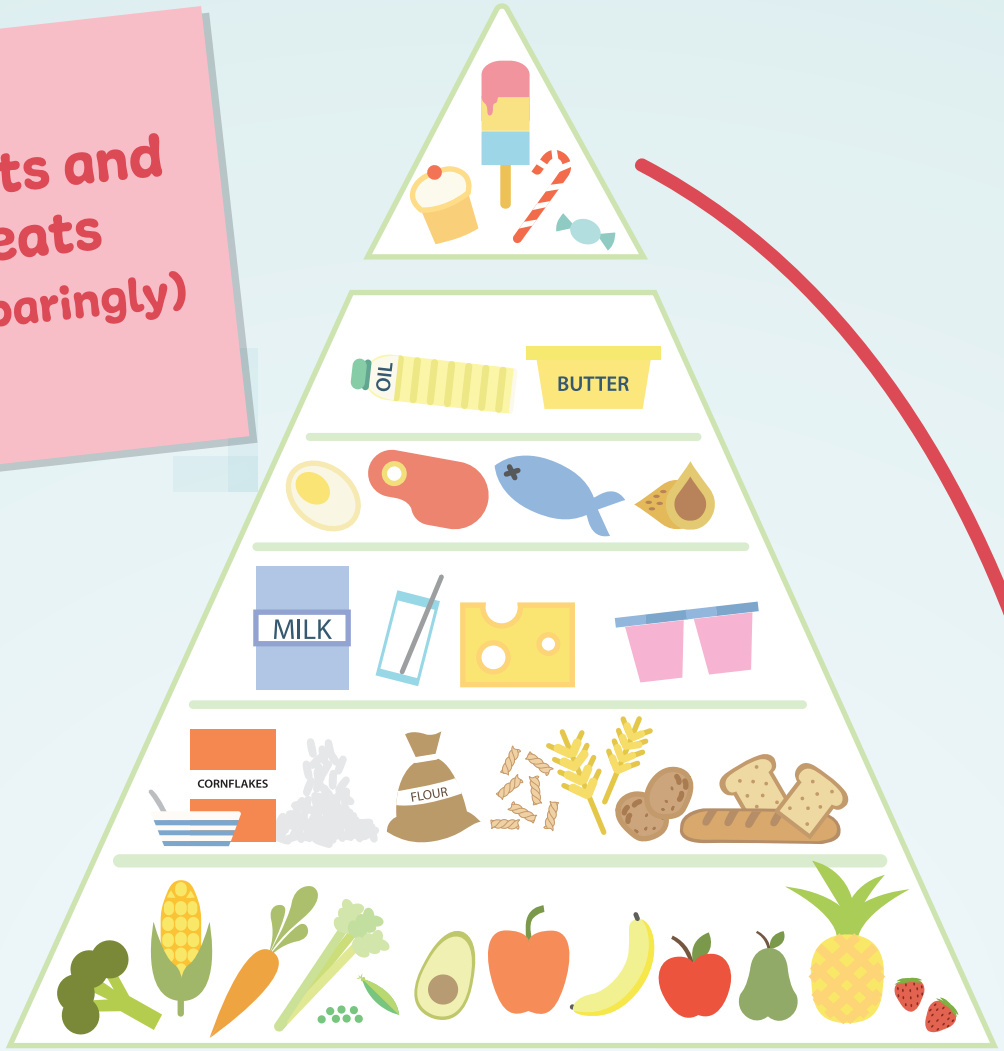
Sweets and Treats (eat sparingly)



Negative effect on your . . . Body

Teeth

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