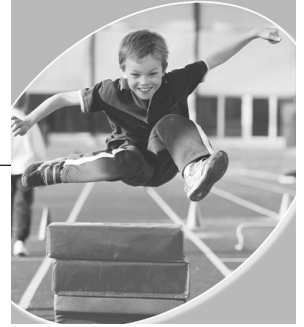


A Balanced Diet

by Pat Quinn

Skim the text on page 6 to find examples of snacks from the different parts of the food pyramid. List them under the correct heading, then add your own examples.



Snacks From the Lower Part of the Food Pyramid

Snacks From the Top Part of the Food Pyramid

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