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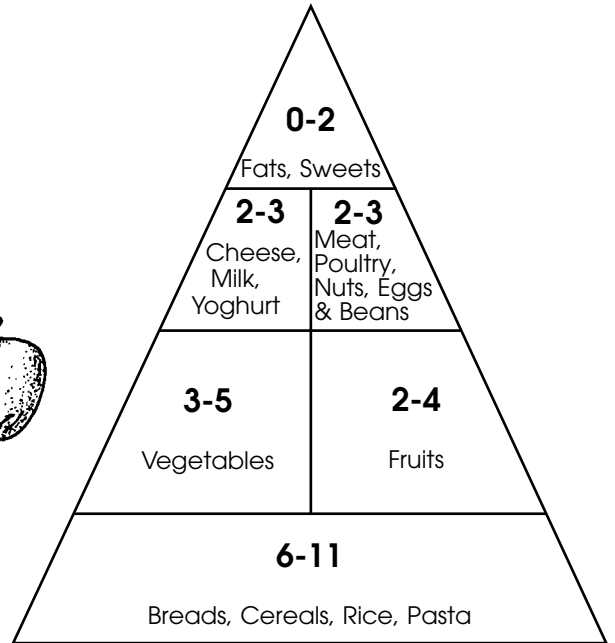
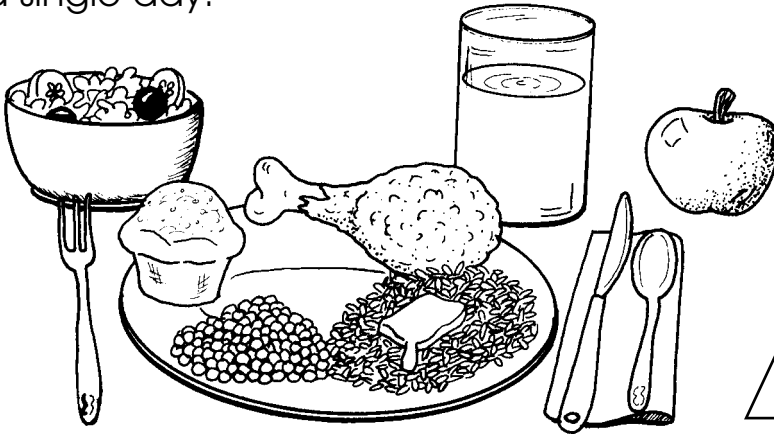
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# Meal Time



Good nutrition and a well-balanced diet go hand-in-hand. The pyramid shows the recommended number of servings for each food group for a single day.



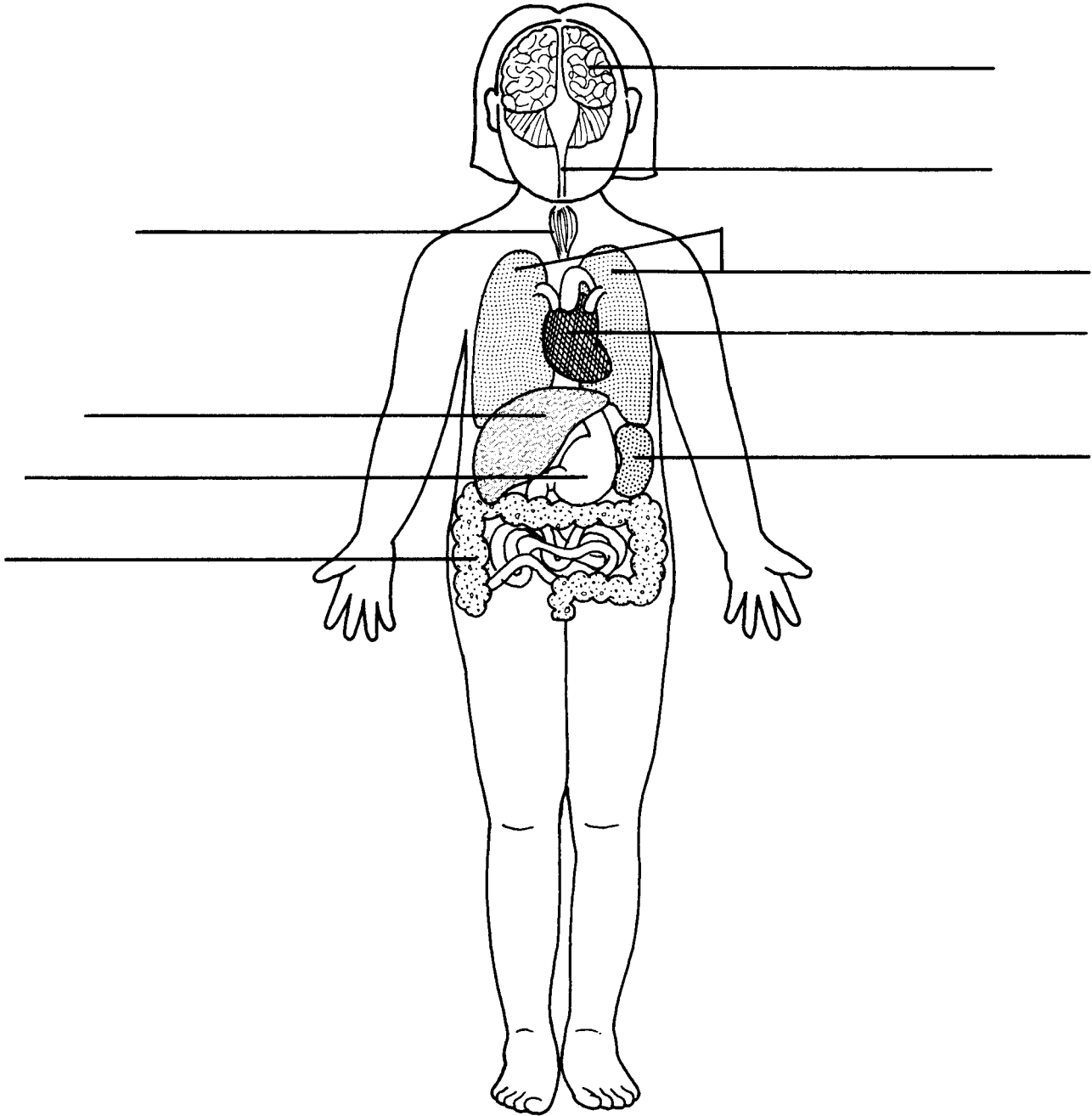
Create a single day's menu for yourself, doing your best to stay within the serving guidelines suggested from each group.

| Breakfast | Lunch | Dinner | Total #     |
|-----------|-------|--------|-------------|
|           |       |        | Breads etc. |
|           |       |        | Vegetables  |
|           |       |        | Fruits      |
|           |       |        | Cheese etc. |
|           |       |        | Meats etc.  |
| Snacks    |       |        | Fats etc.   |

# Body Parts



Label the body parts using the terms in the Word Bank.



## Word Bank

- |         |         |             |
|---------|---------|-------------|
| lungs   | heart   | intestines  |
| stomach | kidneys | spinal cord |
| larynx  | brain   | liver       |