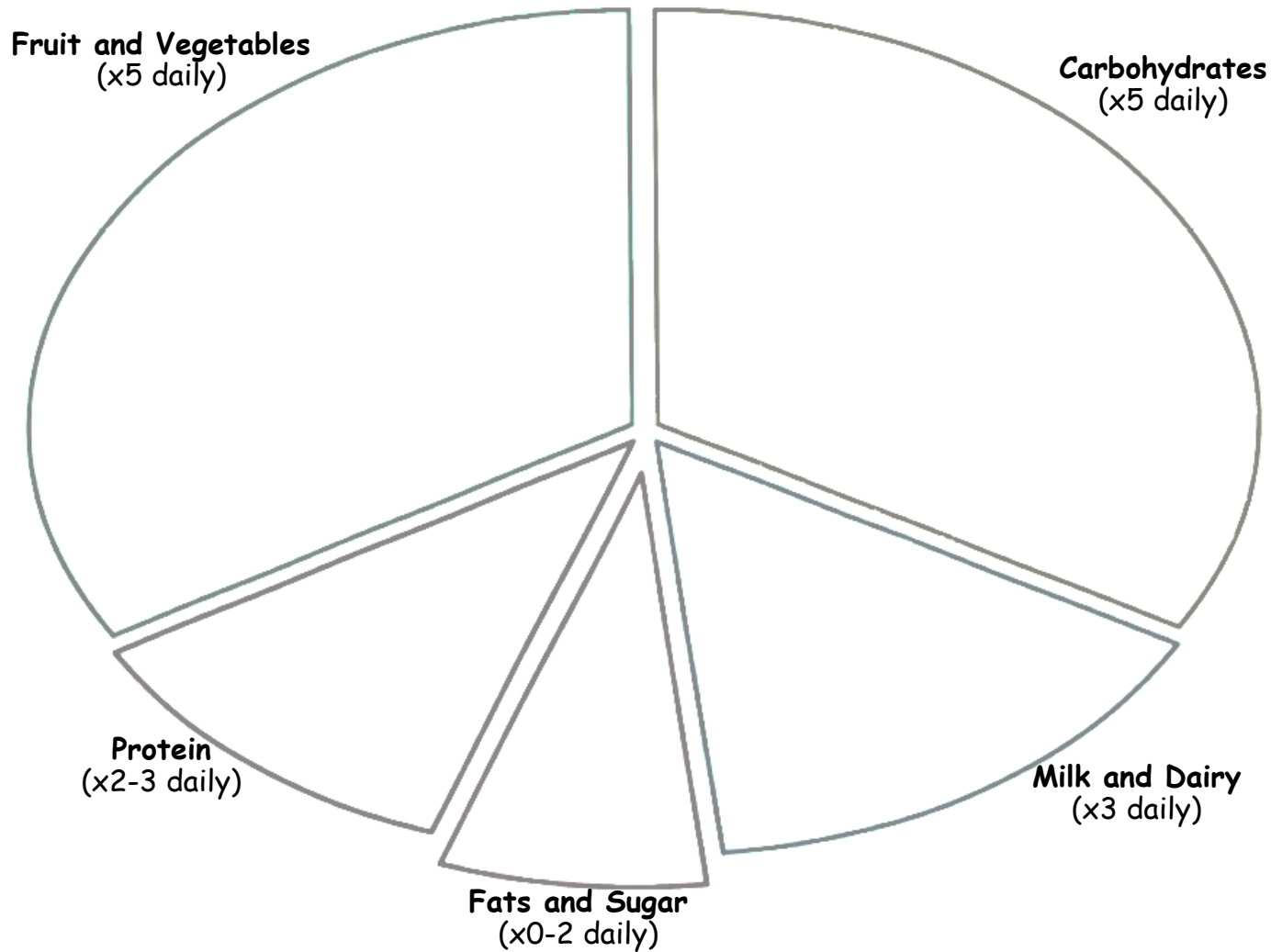


# How Healthy is my Diet?



Try and remember everything you had to eat yesterday and draw and label each food item in the correct segment.  
For maximum marks, use colour and try to label the nutritional benefits of these foods.