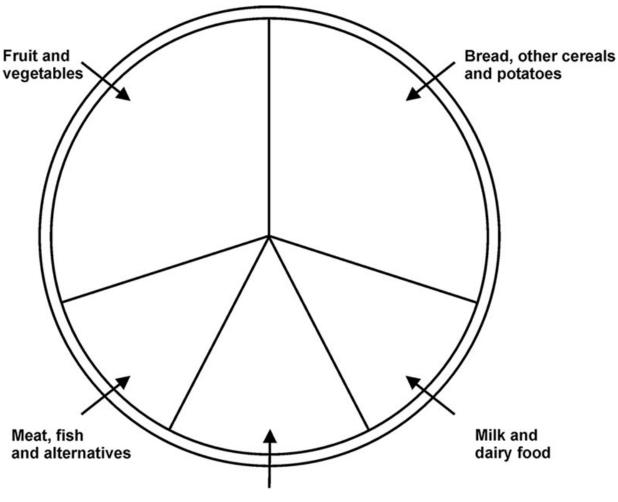


If you want to be healthy, what you've got to do is have a healthy balanced diet.

Q1. Here are your food "pyramid". Fill in with the right amounts of a balanced diet.



Fatty and sugary foods