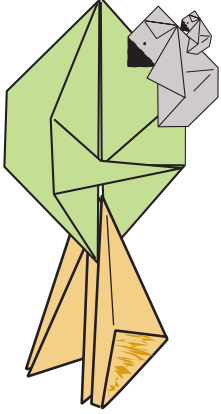
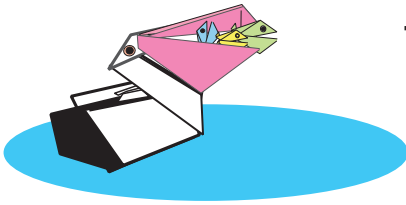


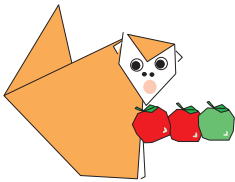
You are what you eat !



The koala eats eucalyptus leaves.



The pelican eats fish.



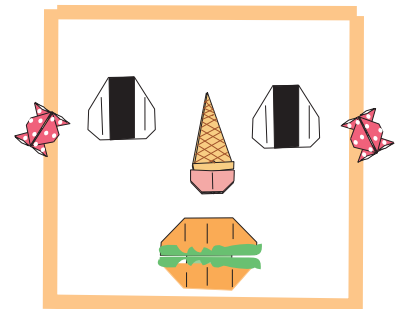
The monkey eats fruit.



The lion eats meat.

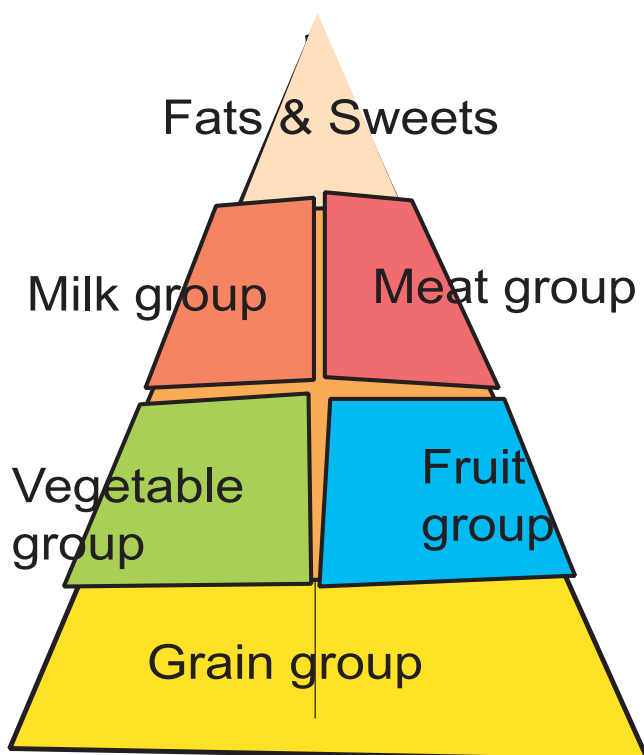
What do you eat every day?

Do you always eat junk food or fast food?

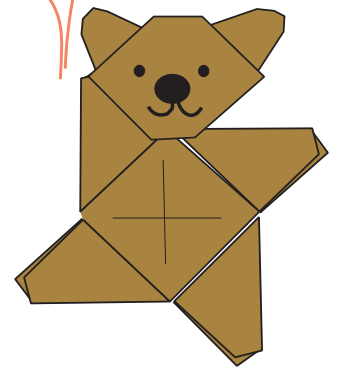


It is important to eat all kinds of good food: **red** (fish, meat, eggs, and beans); **yellow** (grains and potatoes); **green** (vegetables and seaweed). Eat a rainbow of foods every day to keep your body healthy.

Remember, you are what you eat!



Food Pyramid



*Diagrams

Rice ball NOA magazine No.375

Ice creme NOA magazine No.372

Easy burger *** [Click here](#)