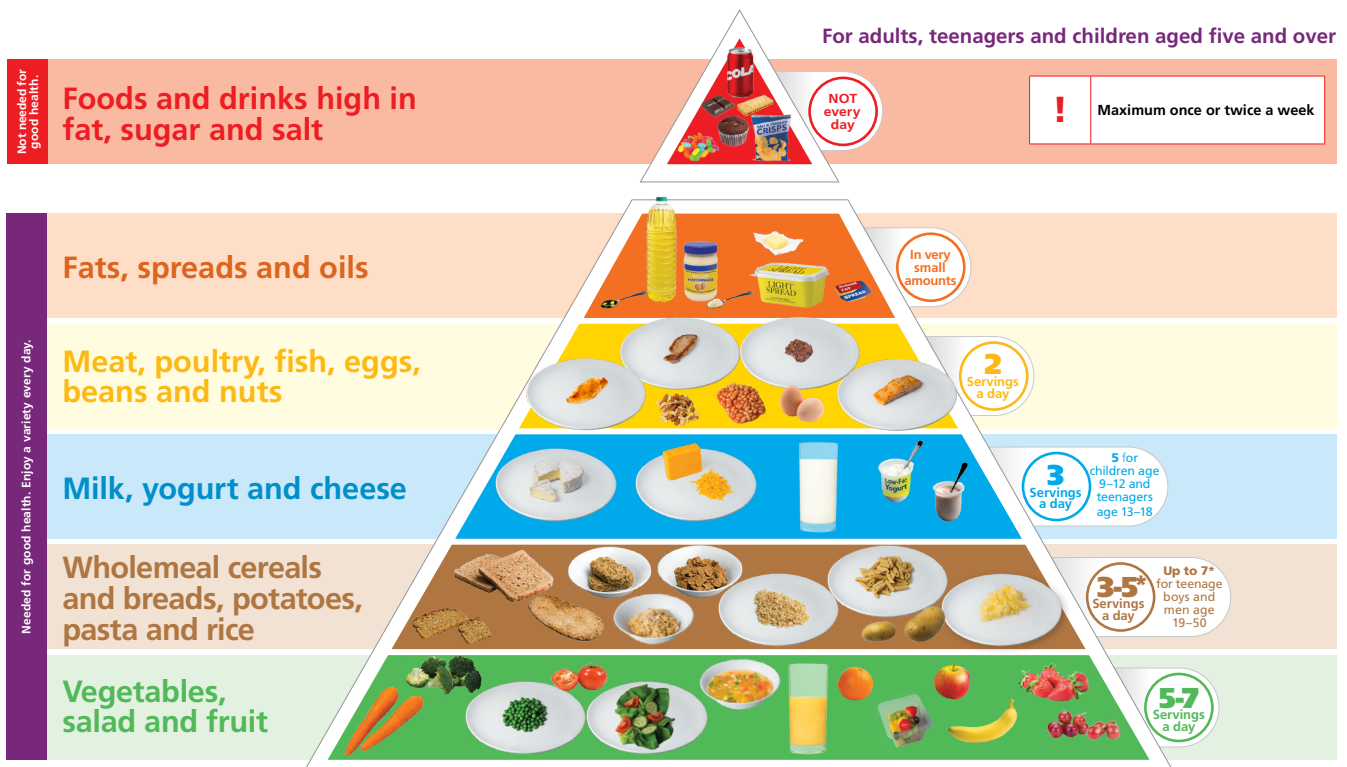


The Food Pyramid

The Food Pyramid shows the different food groups and how much of each we need to have a healthy diet.

Your body needs lots of different nutrients to stay healthy which means eating a variety of foods from each of the main food groups.



Check out
layasupertroopers.ie
for more tips and
activities.