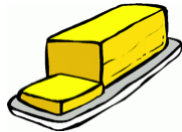
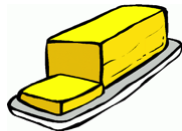


What did we learn today?

Circle the food with the **most** fat:



Circle the food with the **least** fat:



List the 3 types of food you should eat for a balanced diet:

- 1. _____
- 2. _____
- 3. _____

How did you know which food had the most fat?
