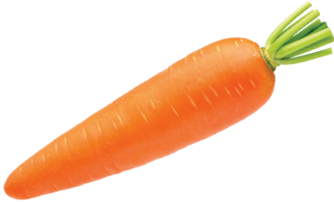



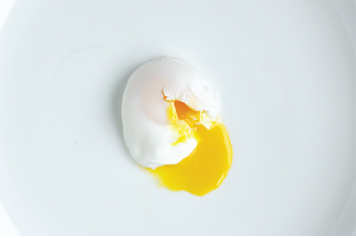












Beginning with percentages 1

Look at each food below.

What group does each food belong to?

What is the most of each food you can eat each day to stay in the pyramid guideline?

 <p>Raw carrot 200 kJ each</p>	 <p>23mL glass of milk 275 kJ each</p>	 <p>Apple 150 kJ each</p>
 <p>Wheat biscuits 1570 kJ each</p>	 <p>Poached egg 645 kJ each</p>	 <p>Banana 340 kJ each</p>
 <p>Fried chips 1065 kJ per serving</p>	 <p>Lamb chop 1145 kJ each</p>	 <p>Cheese 5000 kJ for 100 grams</p>
 <p>Broccoli 80 kJ per serving</p>	 <p>Chocolate 2215 kJ per square</p>	 <p>Rice 520 kJ for 160 grams</p>
 <p>Walnuts 2165 kJ for 10 halves</p>	 <p>Sausages 1125 kJ for two</p>	 <p>Avocado 920 kJ for one half</p>