

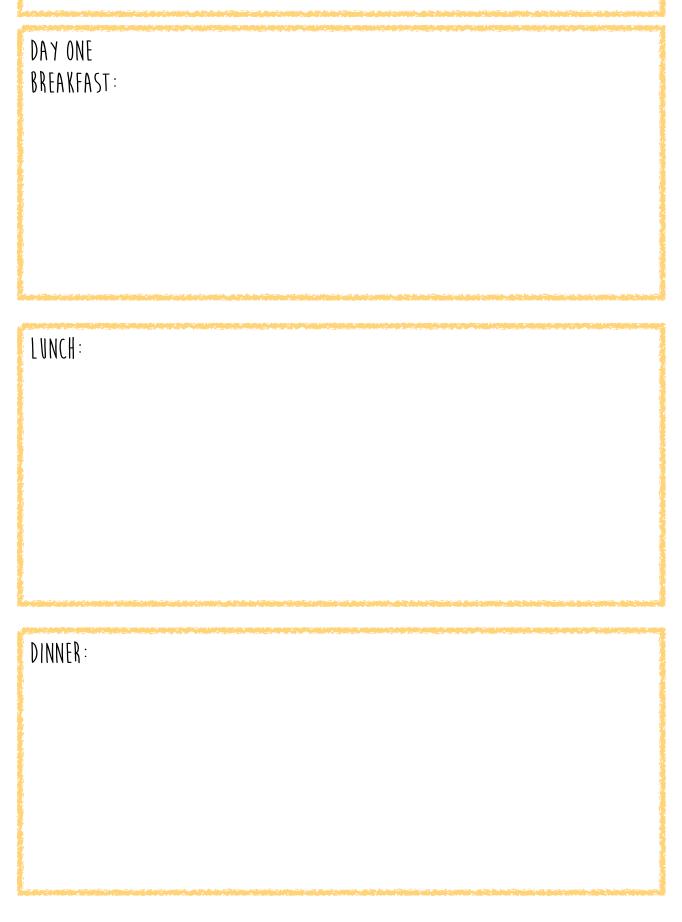


NAME: Level: CLVB: CONFERENCE:

DRAW AND EXPLAIN THE HEALTHY EATING GUIDELINE FOR YOU COUNTRY:

LIST THE NUMBER	OF SERVINGS REQUIRED FOR ADULTS:
LIST THE NUMBER	OF SERVINGS REQUIRED FOR CHILDREN:

PLAN A TWO-DAY MENU FOR A LACTO-OVO, USING YOUR COUNTRIES HEALTHY EATING GUIDELINE:



DAY TWO BREAKFAST:
LUNCH:
DINNER :