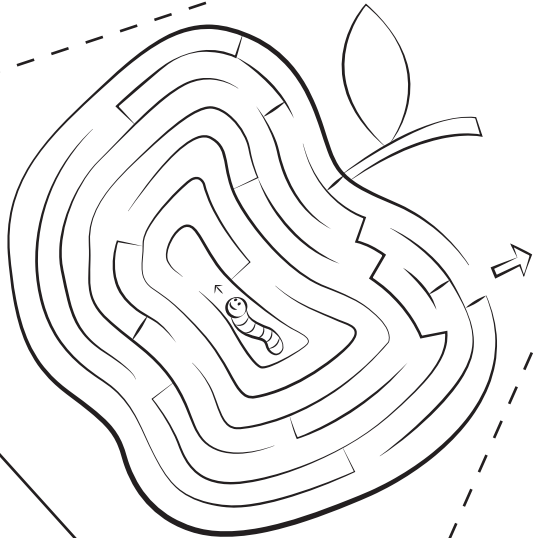


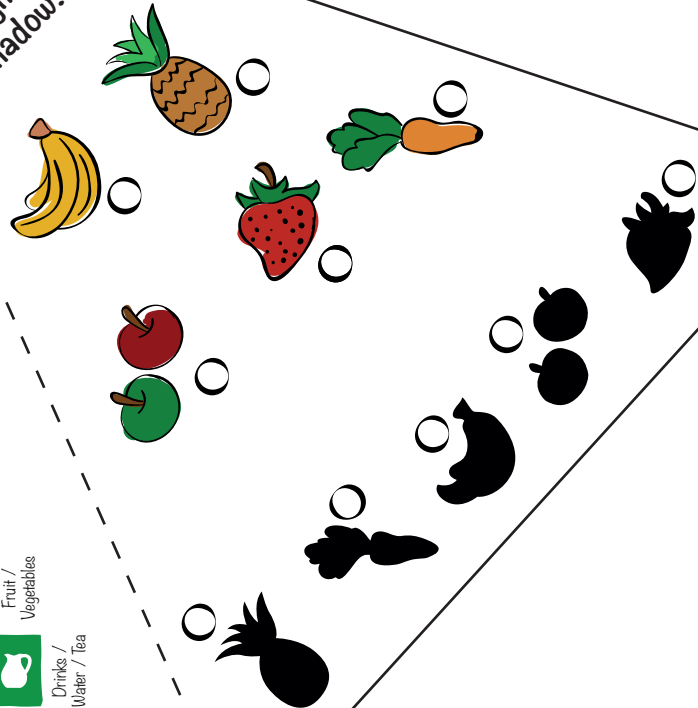
glue strips



Nutrition pyramid



Find the right shadow.



A healthy nutrition consists of a combination of the first 4 rows. From the top 3 rows you should not eat too much daily. So your body stays healthy!