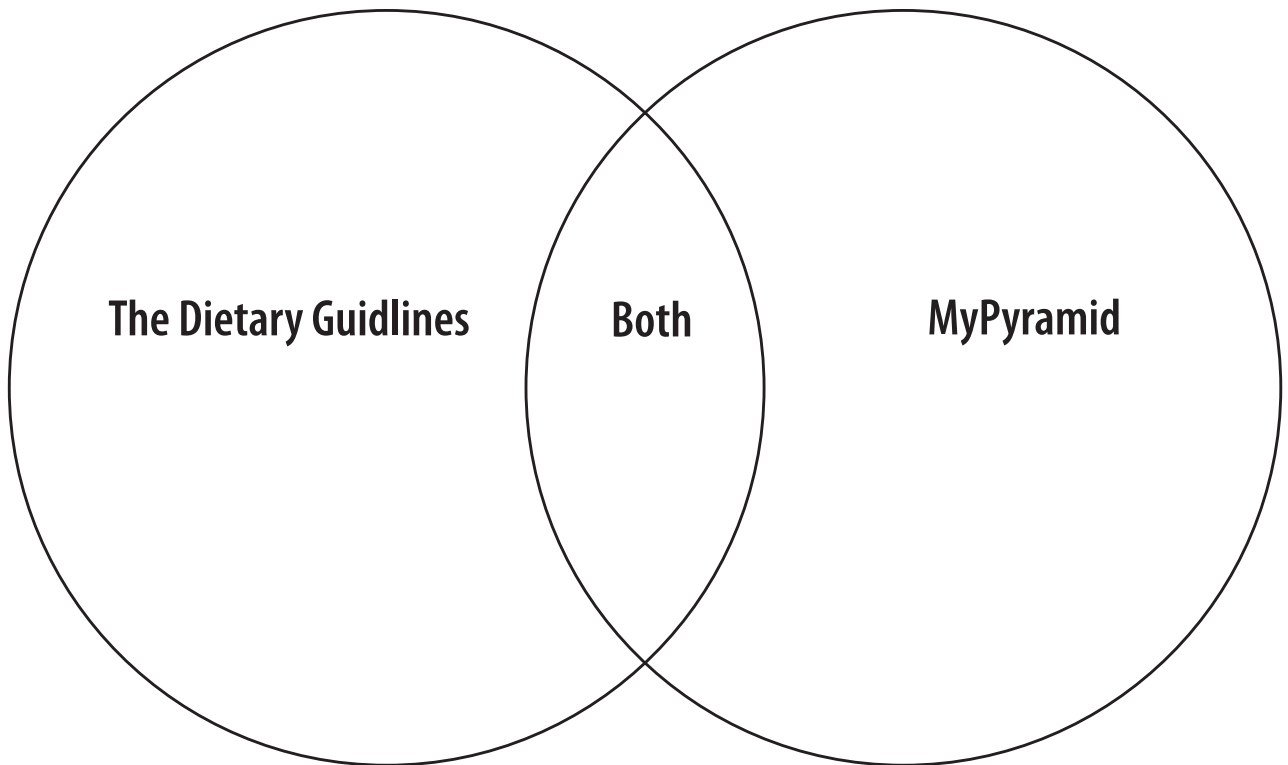


# Nutrition and Meal Planning

## Section 27.1

### Nutrition and Food Choices

**Directions** As you read, compare and contrast the Dietary Guidelines for Americans and MyPyramid. Use this Venn diagram to help you organize your information



# Nutrition and Meal Planning

## Section 27.2 Meal Planning

**Directions** As you read, think about what you have to consider when you prepare a meal for others. Use this web diagram to help you organize your information.

