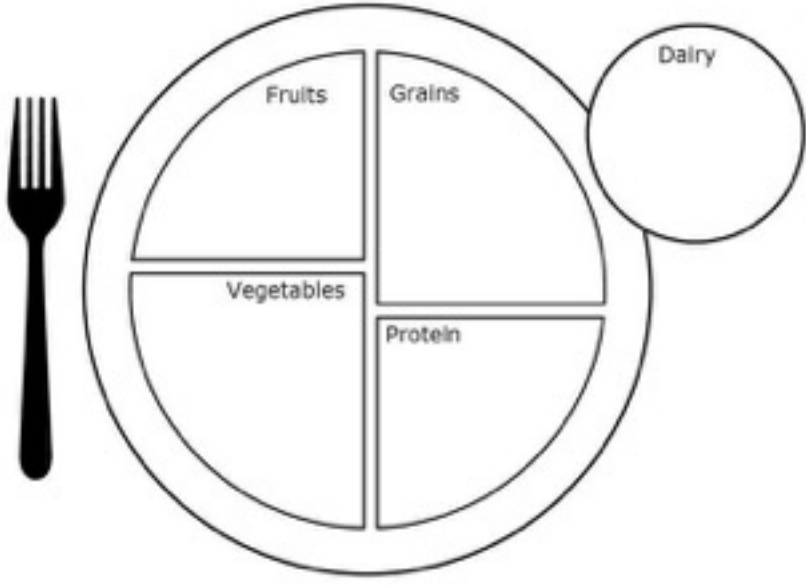


## Design Your Meal

Please go to the website

<http://cpd.moe.gov.tw/activities-and-advocacy/campus-food-safety-zone/321-food-and-nutritional-content-of-school-lunches-reference-101-years.html>

and check the Taiwanese dietary guidelines for junior high lunch. Design a menu based on the guidelines and draw the foods on My Plate. Then calculate the calories and food group amounts

My plate			
			
menu	Food	amount	calories
	fruits	1	
	grains	5.5	
	protein	2.5	
	vegetables	2	
	dairy	3/5	
	oil	2.5	

