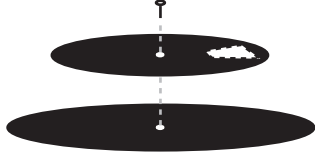


You can make-up your own wheel using your favourite foods

- Here is an outline pattern for the food wheel
- Draw or stick pictures of your favourite foods in the spaces provided.
- Write in the energy, fat, salt content for each chosen food. This can be found online:

http://www.ars.usda.gov/main/site_main.htm?modecode=12354500



- Cut out both circles and the area marked in the smaller circle
- Put the small circle on top of the larger circle and line up the two centre holes.
- Carefully thread a paper fastener through both holes

You now have a food wheel!

