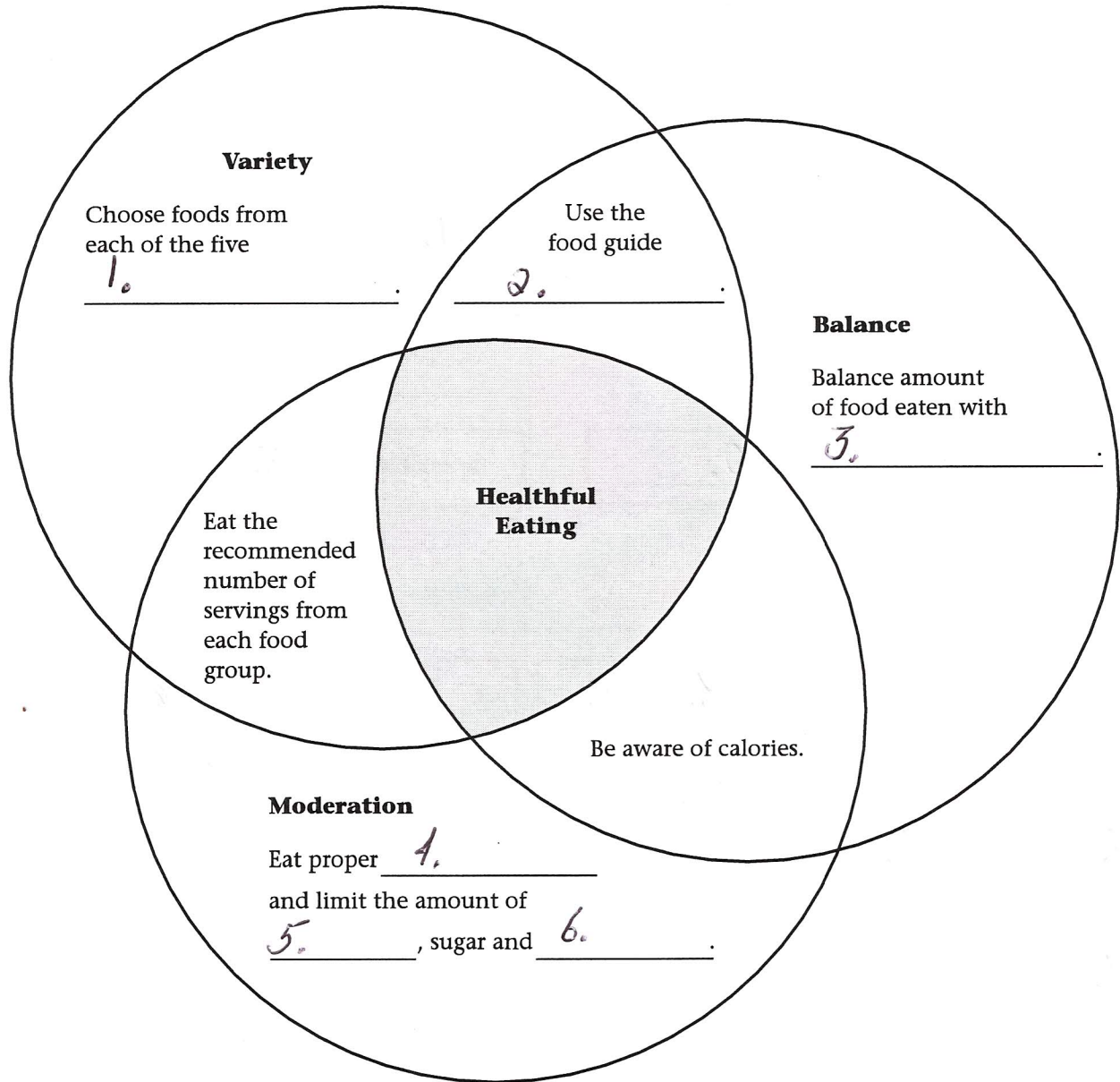


# ACTIVITY 15 Concept Map

FOR USE WITH CHAPTER 5, LESSON 4

## Guidelines for a Healthful Eating Style

**Directions** ➤ Complete the concept map on healthful eating using the following terms or phrases: *portions, physical activity, pyramid, sodium, food groups, and fat.*



What are the principles that underlie a healthful eating plan?

7.

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