

# **BASICS OF HEALTHY DIET: FOOD PYRAMID**



***NUTS/SEEDS***

***LEGUMES***

***FRUITS***

***VEGETABLES***

***WHOLE  
GRAINS***

***WATER***

# HOW TO EAT VEGGIE HEALTHILY EVERYDAY

***TAKE VEGGIE OF 6 PLANT PARTS***

**ROOT  
STEM  
LEAVE**

**FLOWER  
FRUITS  
SEED**

***AND VEGGIE OF ANY 5 COLOURS***

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