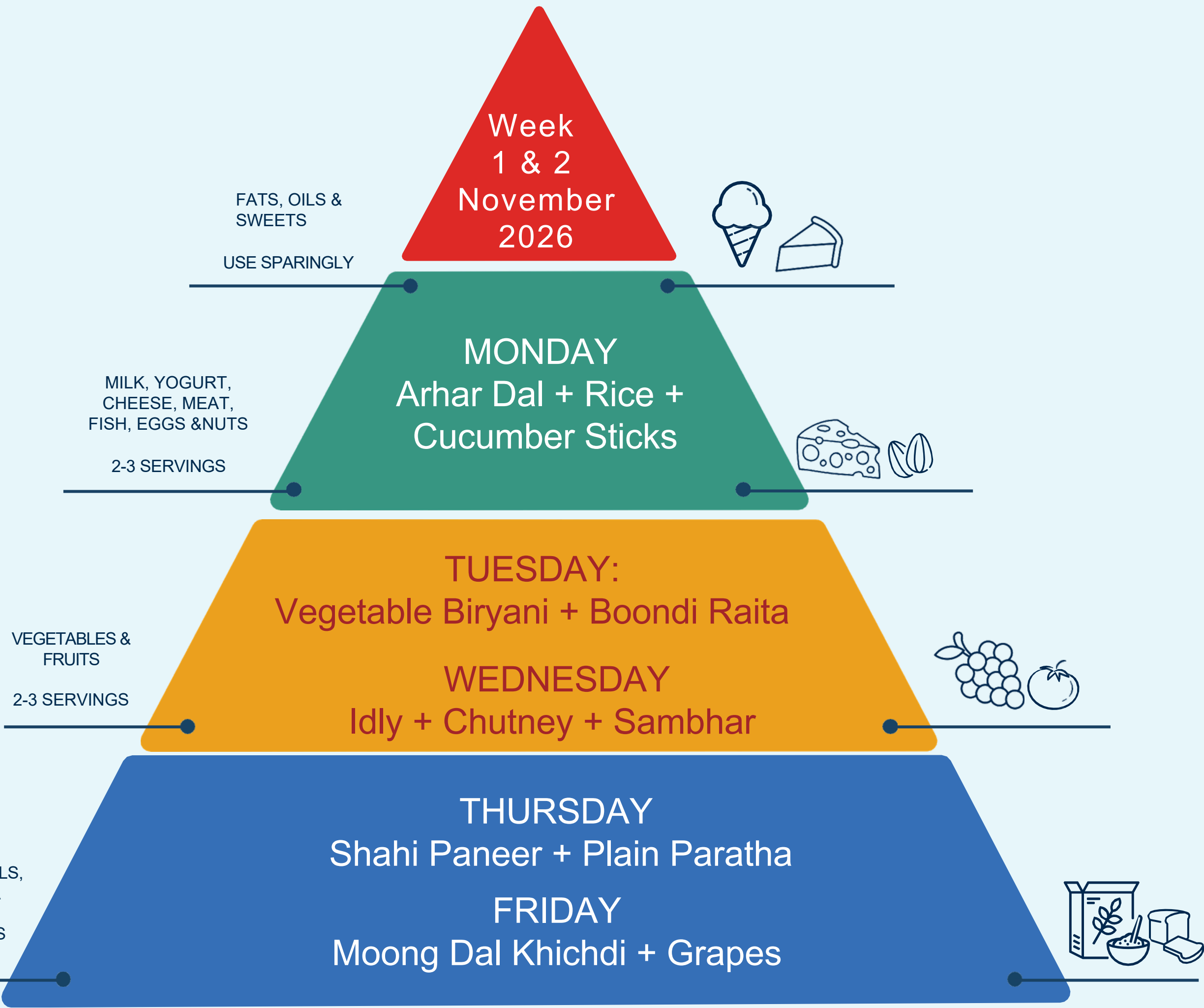




ARDEE MONTESSORI HOUSE

FOOD PYRAMID

MENU



A FOOD PYRAMID

A way of showing a healthy diet graphically, by grouping foods and the amounts of each group that should be eaten each day, based on nutritional recommendations.

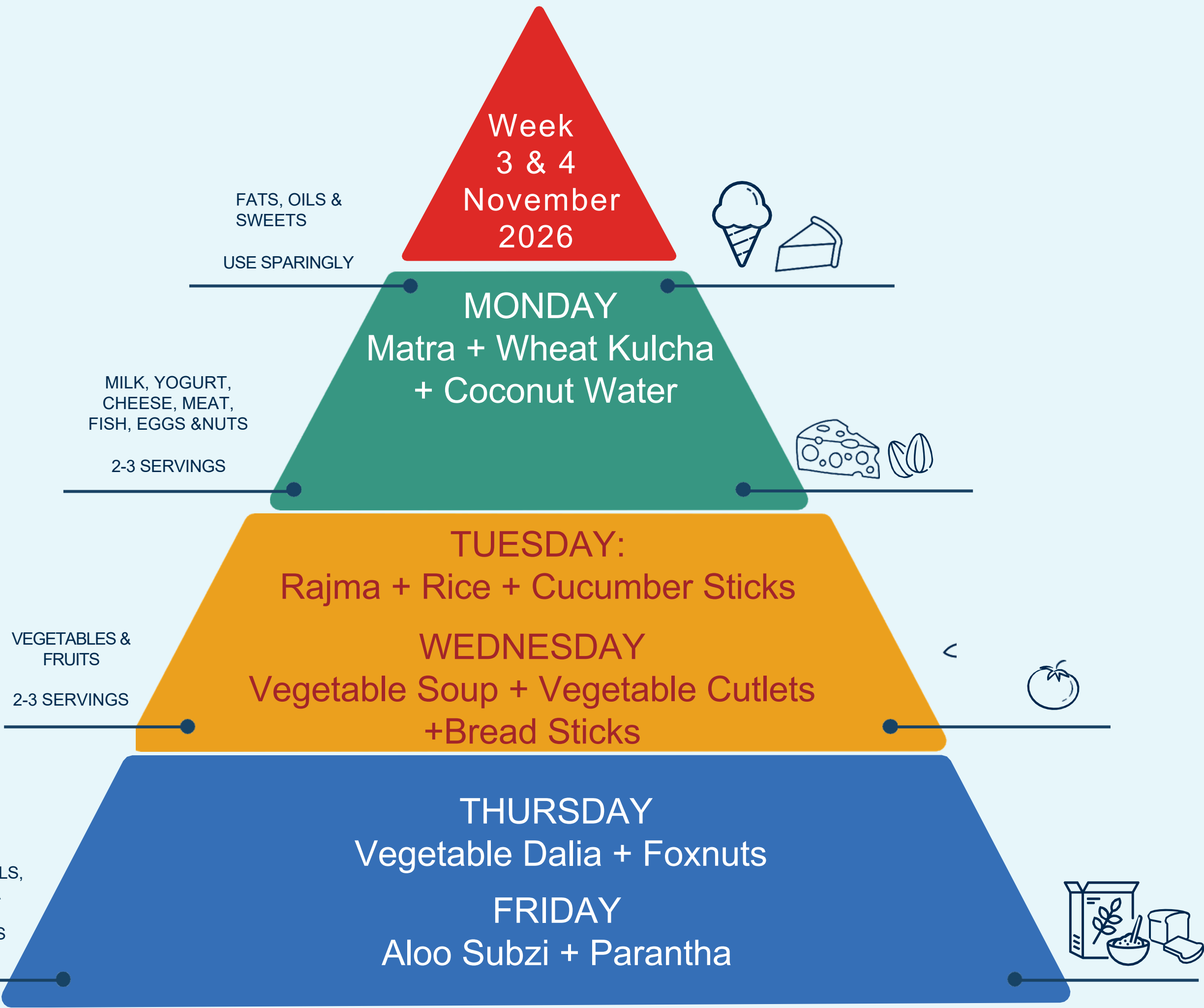
Originally developed in the USA in 1992, and now adopted in many countries, with differences to allow for different national patterns of diet.



ARDEE MONTESSORI HOUSE

FOOD PYRAMID

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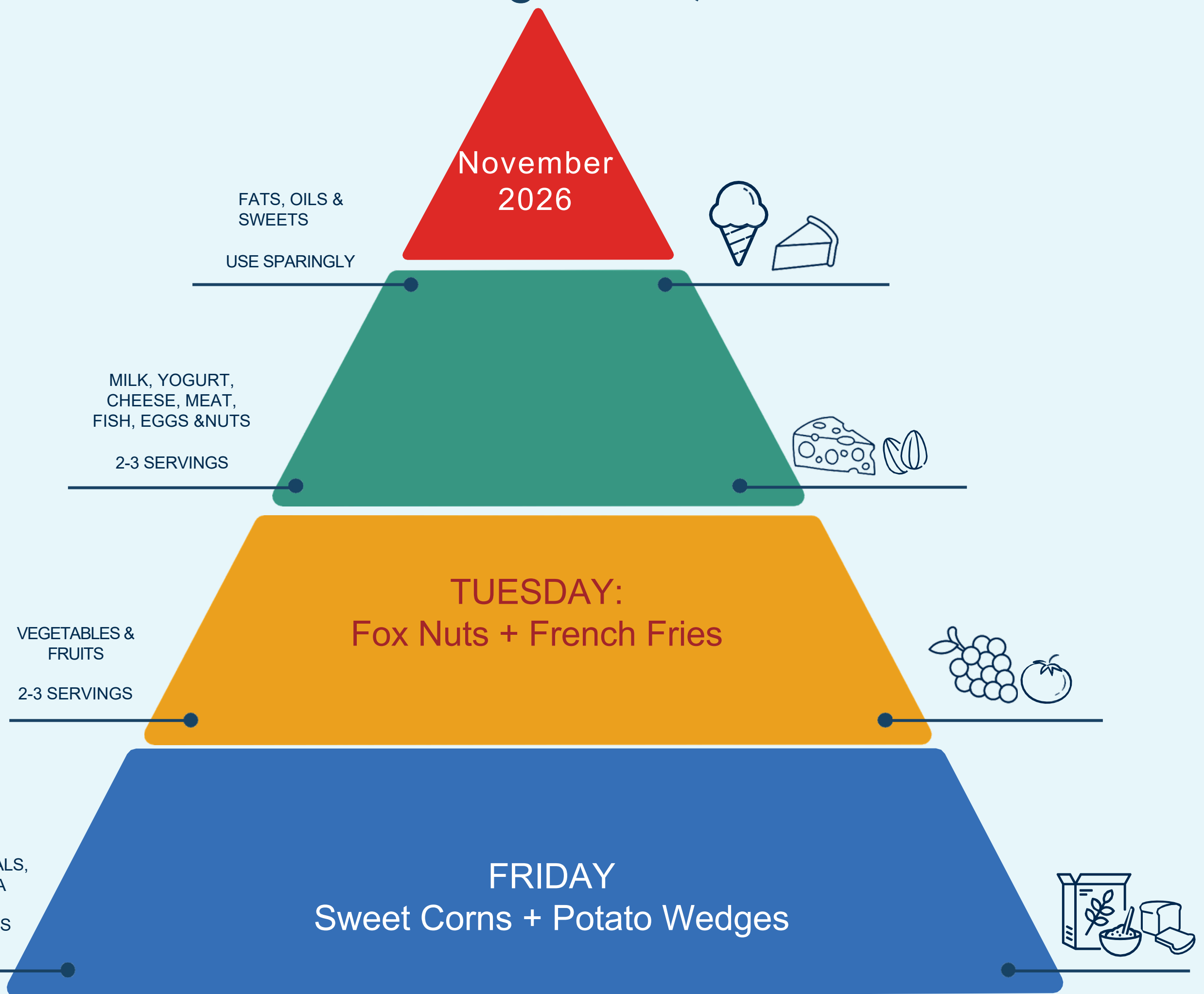


ARDEE MONTESSORI HOUSE

FOOD PYRAMID

ENRICHMENT MENU

(For Students Who Have Opted for the Enrichment Programme)



A FOOD PYRAMID

A way of showing a healthy diet graphically, by grouping foods and the amounts of each group that should be eaten each day, based on nutritional recommendations.

Originally developed in the USA in 1992, and now adopted in many countries, with differences to allow for different national patterns of diet.