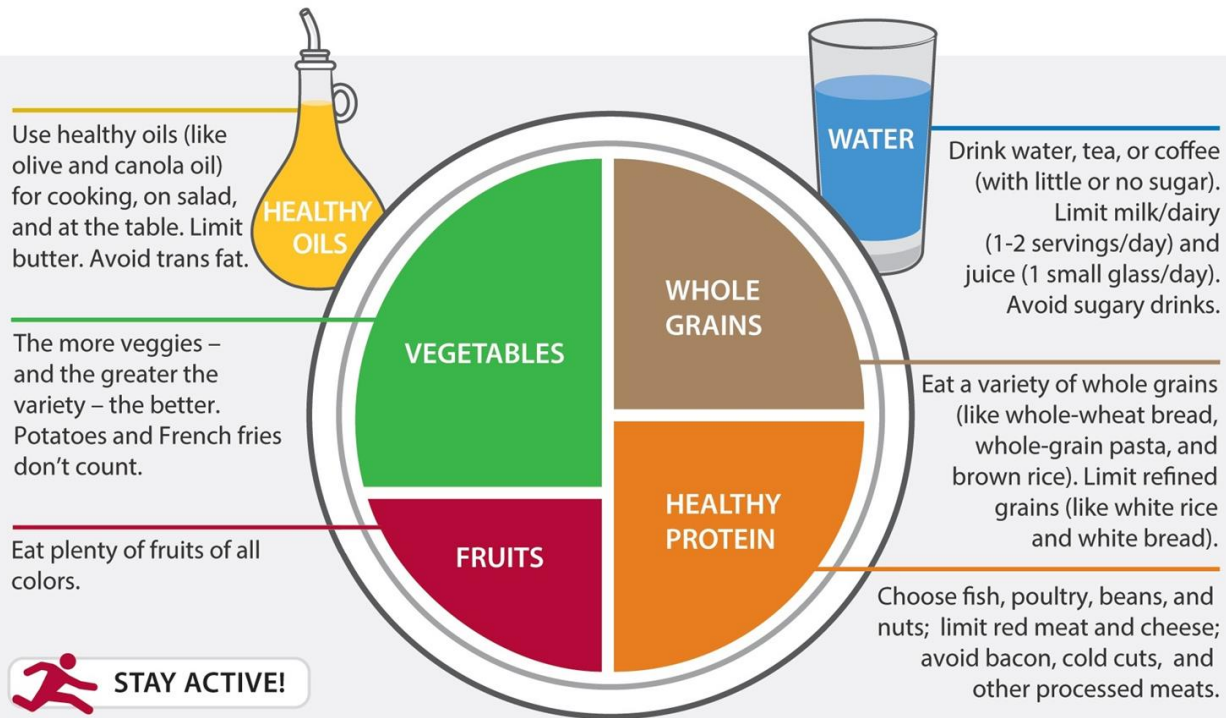


## Lesson 12

# Why We Eat What We Eat



# HEALTHY EATING PLATE



**STAY ACTIVE!**

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# How do typical American diets compare to U.S. dietary guidelines?

