

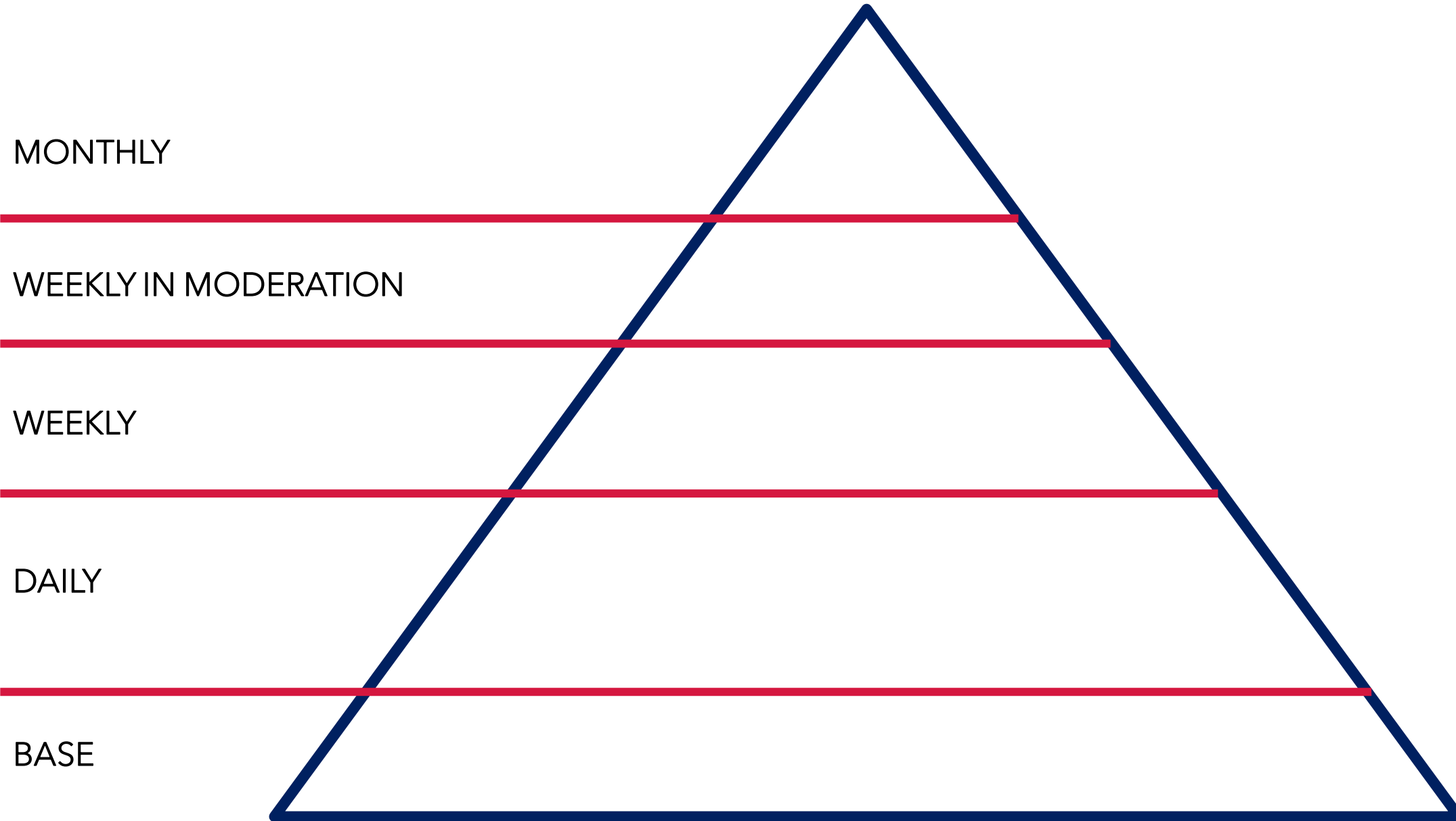


# MEDITERRANEAN DIET

# INSTRUCTIONS

- Each team picks 5 food cards.
- On each card write down your team letter (A, B, C, D)
- Translate it in your mother tongue.
- Discuss how often you should eat each food.
- Stick the food cards on the prepared wall.

# MEDITERRANEAN DIET PYRAMID



# MEDITERRANEAN DIET PYRAMID

MONTHLY



WEEKLY IN MODERATION



WEEKLY



DAILY



BASE

