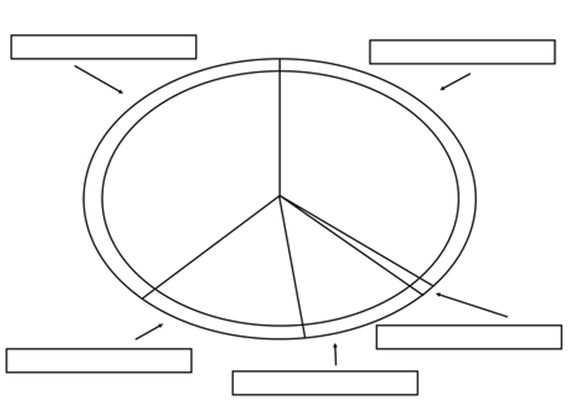
**Health and Fitness: - 2**

1. What are the main principles of a healthy diet?
2. Complete the diagram to show pictures of food from the five basic food groups.
3. Plan a 3-day vegetarian menu based on God’s original instruction found in Genesis 1:29.

