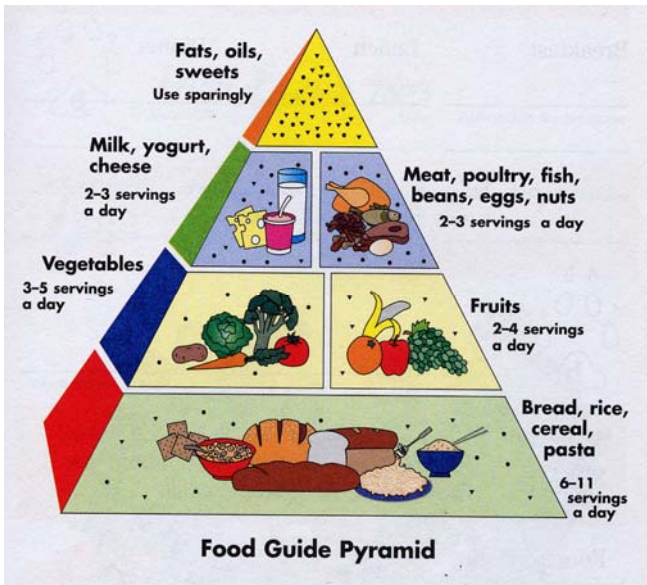


Requirement 8a and 8b.



Groups

Fats and Sugars

Milk
Meat

Fruits
Vegetables

Bread

Breakfast	Group
Lunch	Group
Dinner	Group