**Different Diets**

First, read the information on the Food Groups and a Healthy Diet PowerPoint.

Make a food diary for what you eat in a day. What different types of food do you eat? How could you group them? (Remember the different food groups we learned about in school and in the PowerPoint)

Extension: Do you have a pet? Make them a food diary or research the diet of another animal. How does their diet compare to yours?

*or*

Research a typical diet from another country in the world. See the PowerPoint for some examples of where to begin. How does their diet compare to yours?