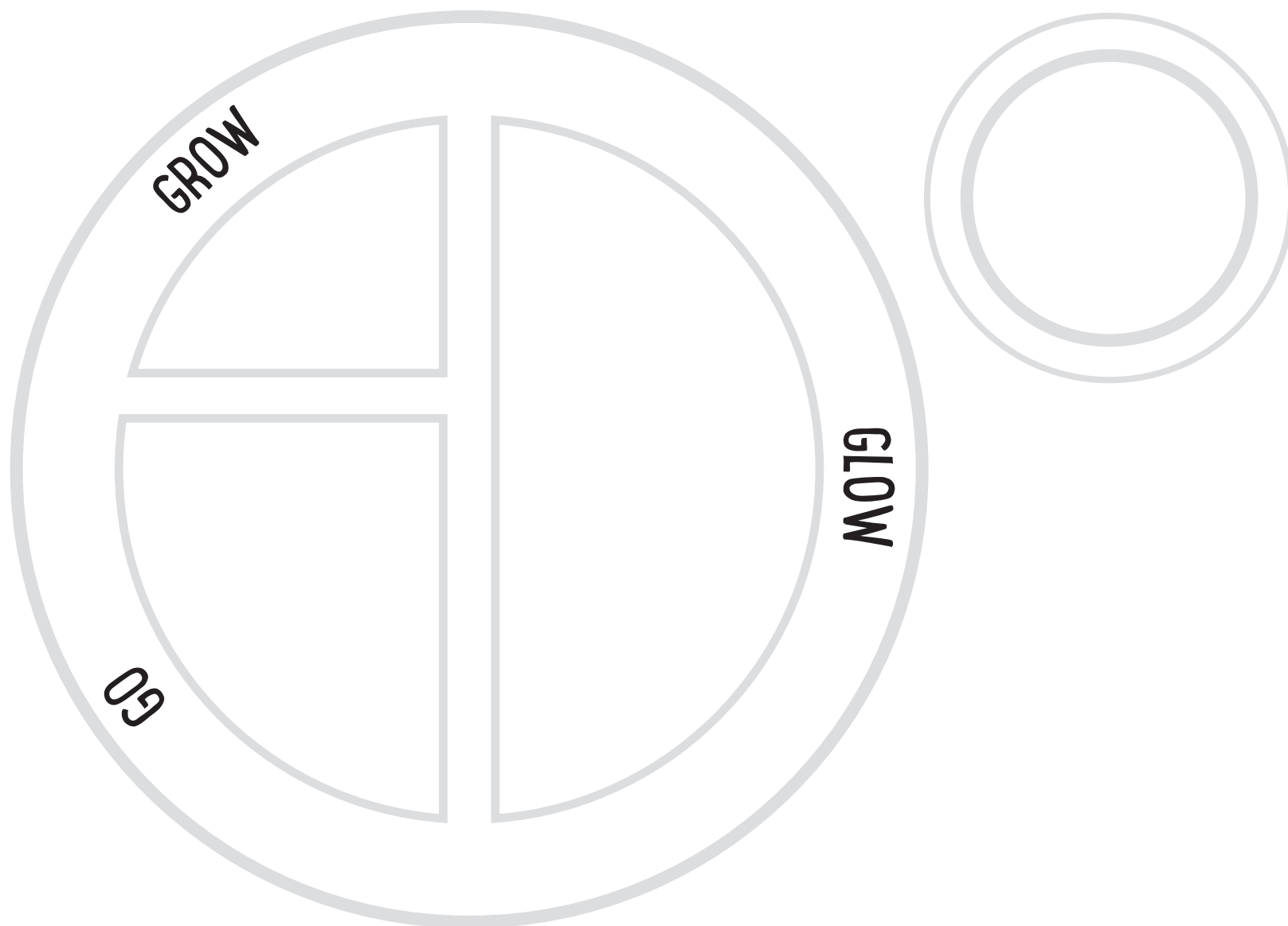


Name: \_\_\_\_\_ Section: \_\_\_\_\_



**Let's make each meal a Pinggang Pinoy  
to get the energy and nutrients we need!**