

Section 16.1 Dietary Guidelines for Americans and MyPyramid

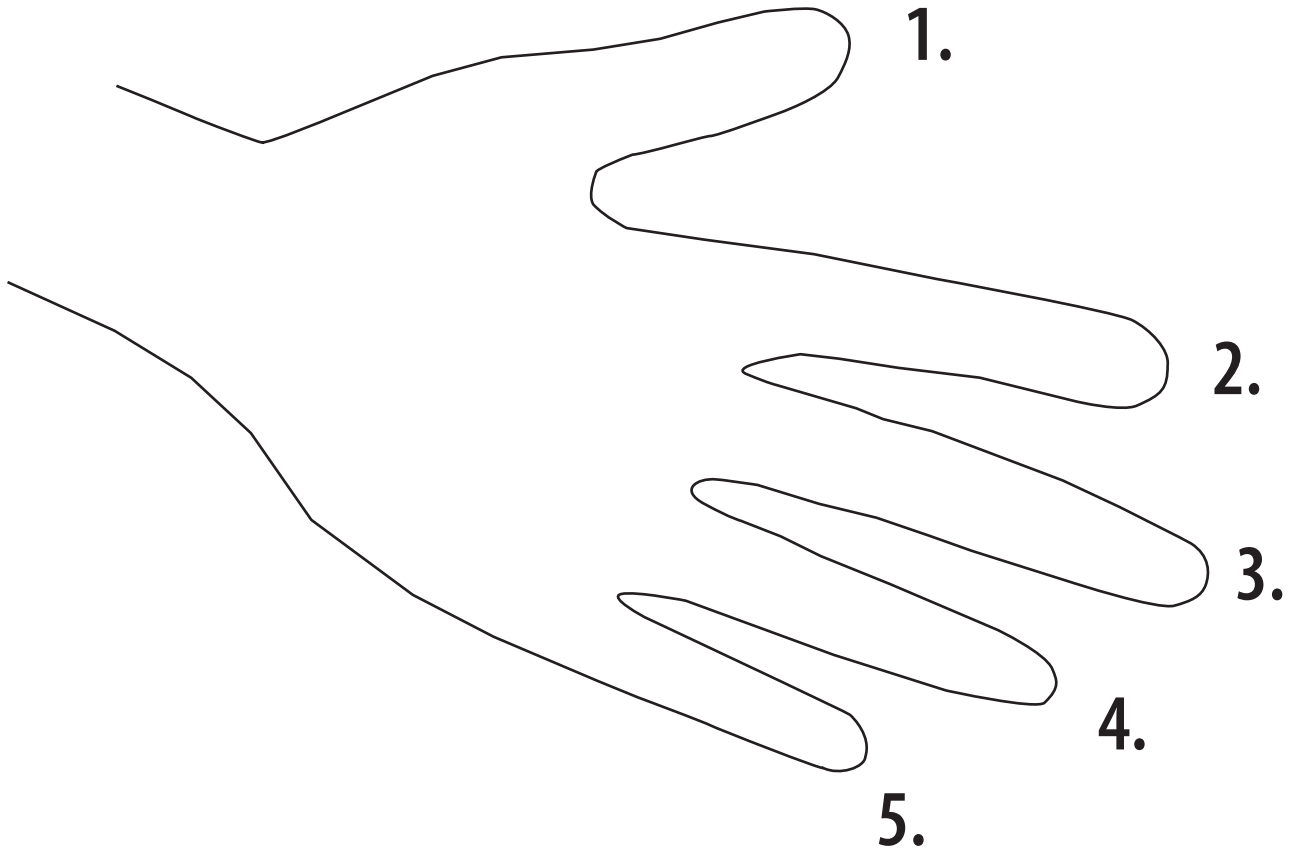
CHAPTER

16

Guidelines for Healthy Eating

Directions As you read, record ways to handle food safely. Use a graphic organizer like the one below to organize your information.

How to Handle Food Safely



Section 16.2 The Dietary Guidelines and Your Lifestyle

CHAPTER

16

Guidelines for Healthy Eating

Directions As you read this section, note the two types of food sensitivities listed in the text and explain how they can affect the body. Use a graphic organizer like the one below to organize your information.

**Food
Sensitivities**

A large empty rectangular box for a graphic organizer, connected to the text 'Food Sensitivities' by a horizontal line.