



# The Edible Pyramid: Good Eating Everyday

*Loreen Leedy*

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## **The Edible Pyramid: Good Eating Everyday** Loreen Leedy

The head waiter—a French cat in tails—the Edible Pyramid restaurant, explains the dishes to his customers, a menagerie of other animals in equally formal attire. Each segment of the pyramid is presented in a two-page spread, defining the food group mentioned and illustrating it with many mouth-watering examples. The recommended number of daily servings is also explained, and after going through the entire menu, the maitre'd helps his diners select a balanced meal. Paintings of the animals and food are done in muted colours. A small pyramid appears in the corner of each illustration, with the block being examined highlighted.

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