

Activity 1: Getting the Message Across

The Diet Pyramid

- The Pyramid is an outline of what to eat each day
- The diagrams are meant to be a clear and simple way to communicate this information
- Look at the example representations of the Pyramid below (Figures 1-4)
- Discuss what is good and bad about each
- For example, how is colour and association used?
- Which do you think is the best and why?
- Could you improve them in some way?

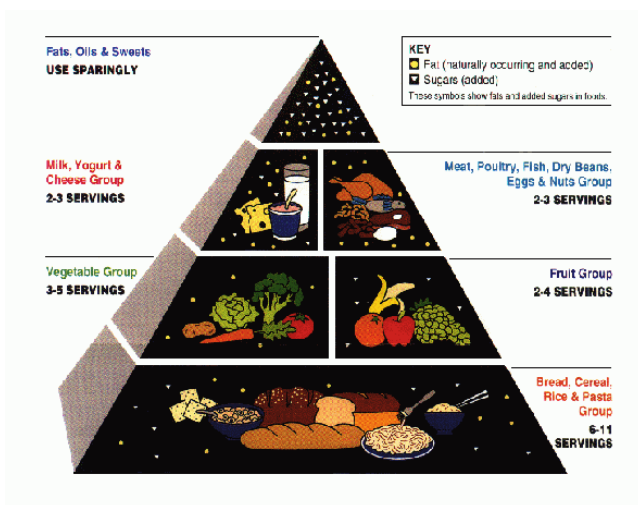


Figure 1

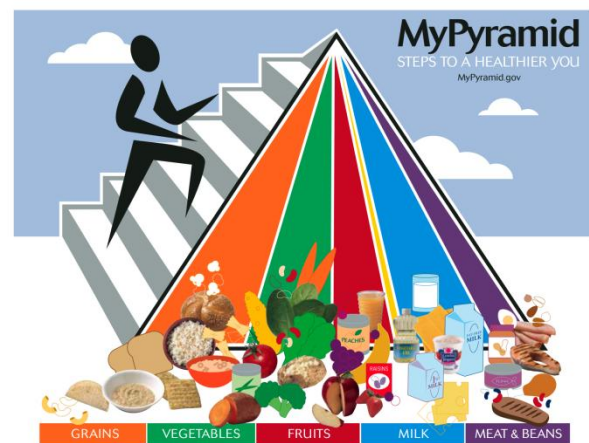


Figure 2



Figure 3



Figure 4