**Food Guidelines Around the World**

Hey guys! Get ready to take a trip around the world to look at food guidelines in various countries. Why are we doing this? Well, you, along with your other 7th grade friends are going to help SAS come up with some multicultural food guidelines for our international cafeteria. Not only that, but you will be able to take these food guidelines home with you and use them in your every day eating life! Exciting!!!!

Go through the questions below and answer them to gain as much knowledge about food guidelines as you can find. Now, let’s get to the researching and learning!

Questions:

1. Open your computer to the [Food Based Dietary Guidelines](http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/) listed by country. Pick the country you’re from, a country you have visited and one country you are interested in learning more about.

**Questions to be answer in the blanks below:**

Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Does this country use a visual to show the food groups and portions or how much of each food group one should be eating?
* What is the visual (take screen shot of the visual and paste it below). If not visual, skip this question.
* Are the guidelines broken down by food group? What are the food groups for this country (look at the visual representation)?
* Is the visual representation easy to understand? Why or Why not?
* Does this country state any written guidelines? State what they are.
* When were these food guidelines last updated

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**Write at least 2 or 3 sentences to fully explain your thinking for the questions below:**

1. Do you think the food guidelines are a good representation of the food available in each country you researched?
2. Which guidelines that you found do you strongly agree with (list at least 3)?
3. What is your opinion on the food our cafeteria has to offer? Do you think it’s balanced and healthy? Explain.
4. Which guidelines that you saw seem to match up, for the most part, with the food our cafeteria offers?
5. What food guidelines would you like to see our cafeteria use (write at least 3)?
6. What have you learned about the food guidelines around the world? Summarize your findings in 2-3 sentences.