

# Chapter 3 - Belly Fillers

The background is a solid teal color. It features several faint, semi-transparent graphics: a large pie chart in the upper right, several smaller pie charts scattered around, and a bar chart in the bottom right corner with four bars of increasing height.



Monday's work.

What Am I Eating?



- ★ Read the nutritional information on three cereal boxes.
- ★ If you do not have three cereal boxes at home you can search up the nutritional information online :)
- ★ Copy and complete the following table on a lined piece of paper.



Ingredient	Cereal 1	Cereal 2	Cereal 3
Serving size (g or ml)			
Energy			
Protein			
Carbohydrate -Sugar -Starch -Fibre			
Vitamin			
Minerals			



**End of Monday's work :)**