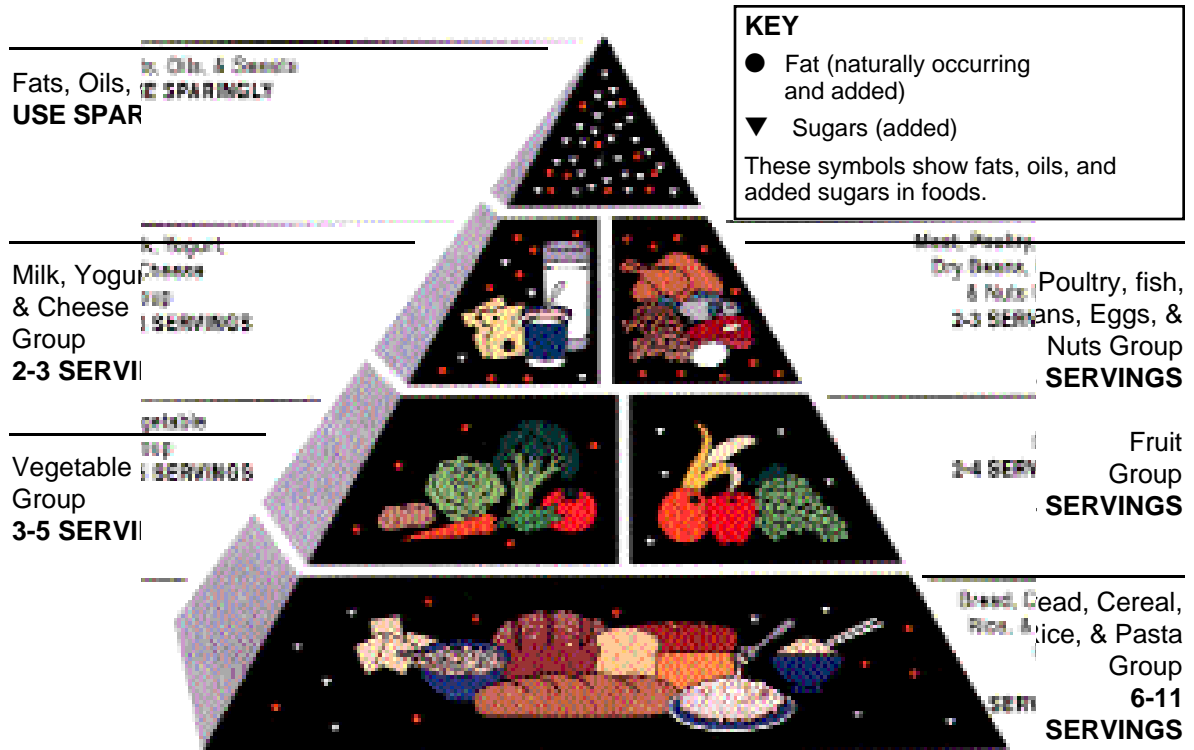


Food Guide Pyramid



One class day per week for the last month of the course is used to provide guidance and instruction using newspaper ads, sale flyers, etc., as students work on their plans. Information on the cost of food at home for the thrifty plan can be obtained from the USDA's *Family Economic Review*.



ASSESSMENT

Serving sizes are those referenced on the Food Pyramid.