

## **PREASSESSMENT TRANSPARENCY**

ANALYZE THE FOLLOWING MENUS ACCORDING TO A 2,000 CALORIE PER DAY PLAN FROM MYPYRAMID—PINPOINT PROBABLE PROBLEMS—HOW CAN THEY BE IMPROVED?

### **BREAKFAST**

Milk  
Cornflakes with sliced bananas  
Toast

### **LUNCH**

Chili  
Crackers  
Apple  
Water

### **DINNER**

Hamburger  
French Fries  
Shake