







DIETARY GUIDELINES--M&M CHALLENGE

The 2015-2020 Dietary Guidelines

FOR EACH M&M COLOR	LOCATE THE FOLLOWING...
<p data-bbox="282 464 393 491">YELLOW</p> 	<p data-bbox="581 464 1360 491">ONE OF THE FIVE DIETARY GUIDELINES FOR 2015-2020...</p>
<p data-bbox="310 720 365 747">RED</p> 	<p data-bbox="589 720 1360 793">EXAMPLES OF HEALTHY EATING PATTERNS THE DIETARY GUIDELINES REFERENCE</p>
<p data-bbox="289 945 386 972">BROWN</p> 	<p data-bbox="524 945 1425 1018">FOOD WE SHOULD BE INCREASING IN OUR DIET ACCORDING TO THE HEALTHY EATING PATTERN</p>
<p data-bbox="305 1159 370 1186">BLUE</p> 	<p data-bbox="529 1159 1421 1232">A NUTRIENT WE SHOULD BE LIMITING IN OUR DIET ACCORDING TO THE HEALTHY EATING PATTERN</p>
<p data-bbox="285 1386 389 1413">ORANGE</p> 	<p data-bbox="553 1386 1396 1413">A CHRONIC DISEASE THE DIETARY GUIDELINES AIM TO REDUCE</p>
<p data-bbox="293 1600 381 1627">GREEN</p> 	<p data-bbox="678 1600 1268 1627">KEY ELEMENT OF THE US EATING PATTERN</p>

EXIT RESPONSE



DOES THE FUN SIZE SNACK PACK OF M&M'S FIT INTO THE DIETARY GUIDELINES? EXPLAIN IN THE SPACE BELOW, CITING EVIDENCE FROM THE RESULTS OF THIS CHALLENGE TO SUPPORT YOUR RESPONSE. ONE PARAGRAPH (5 SENTENCES) MINIMUM REQUIRED.

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