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amount of energy decreases by 10% as you go up the pyramid; energy measured in Kilocalories (Kcal) or Joules (J).10% Rule 90% of the energy at each trophic level is used to carry out functions of living. Only 10% is available to the next trophic level.

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1 serving of vit-C-rich fruits = 1 med sized fruit or 1 slice of a big fruit. 1 serving of other fruits = 1 med sized fruit or 1 slice of a big fruit. Rice, Corn, Root Crops, Bread and Noodles. 1 cup cooked rice = 4 slices of loaf bread. = 5 pcs small pan de sal. = 1 cup of corn. = 2 slices/pieces of puto.

Nutritional Guide
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The pyramid is divided into levels of recommended consumption.

Messages about exercise and personal and environmental hygiene serve as support messages for the pyramid. The healthy food plate for Filipino adults (Pinggang Pinoy) completes the messages of the

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pyramid by showing
adequate distribution
of nutritious foods in a
meal. Messages

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MAPEH: Physical
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The Philippine Physical Activity Pyramid K12 Lesson

A food pyramid or pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups. The first pyramid was published in Sweden in 1974. The 1992 pyramid introduced by the United States Department of

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Agriculture (USDA) was called the "Food Guide Pyramid" or "Eating Right Pyramid". It was updated in 2005 to "MyPyramid", and then it was replaced ...

Food pyramid (nutrition) - Wikipedia

And we advise you to start this lesson and learn how to draw a pyramid. Step 1. So let's outline an irregular triangle that

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will serve as the front wall for the future pyramid drawing. You

can take a ruler, and with the help of it draw these three lines, or try to do it without a ruler.

We recommend learning to draw without tools.

How to Draw a Pyramid | Drawingforall.net

PYRAMID HILL,
Australia - Around the corner from the only

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pub in town, and opposite its lone bus stop, sits the Pyramid Hill Filipino Food Store. With a large Filipino flag above the door and shelves packed with items like banana ketchup and "Chippy" corn chips, the two-year-old grocery stands out -- particularly in this rural Victorian town ...

Rural Australian town saved by influx

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Chart - 3. Edit this
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Pyramid Chart Templates - SmartDraw

The total cholesterol level among Filipino adults increased from 8.5 (mg/dL) in 2003 to 10.2 (mg/dL) in 2008. High cholesterol level may be attributed to the high consumption of sodium rich foods by Filipinos. Salt and soy sauce were among the

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top 10 widely used
miscellaneous food
items used by Filipinos.

Nutritional Guidelines for Filipinos: a prescription to ...

A biomass pyramid is a diagram that shows the population at each level of a food chain. The bottom level of the pyramid shows the producers, the next level shows the primary consumers,

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the third level shows secondary consumers, and so on. In most ecosystems, there are more producers than primary consumers, more ...

How to Make Biomass Pyramids | Sciencing

The Philippines were ruled by Western powers - first the Spanish and later the United States, for some 350 years. Except for a

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few religious minorities, the Philippines has also become thoroughly Christianized and boasts of being the only country in Southeast Asia with a Christian majority.

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