



CAESAR'S LAST BREATH

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...You're right.

Much as we would have liked, the impracticalities of putting real rice into a book proved a little much.

But the lesson is still right here. And to digest it most completely, go to your kitchen. Put 1/4 cup of rice into one pile and a 1/3 of a cup into another. Then you can cook it up or play the spinner game with the truth behind the picture.

An Inadequate Bally Diet

- This entire bag contains about 500 calories of food.
- An average adult needs a daily 2,100 calories to live in health.
- An average kid (8-14 years old) needs at minimum 1,100 calories every day, more than twice this bag.
- There are people today (particularly kids) who are trying to survive every day on less than what is in this bag.