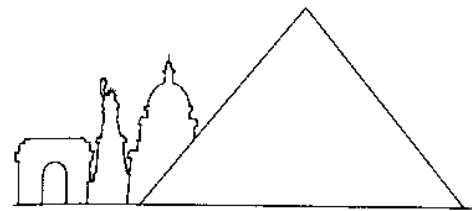


WHAT · DO · WE · KNOW ABOUT THE EGYPTIANS?



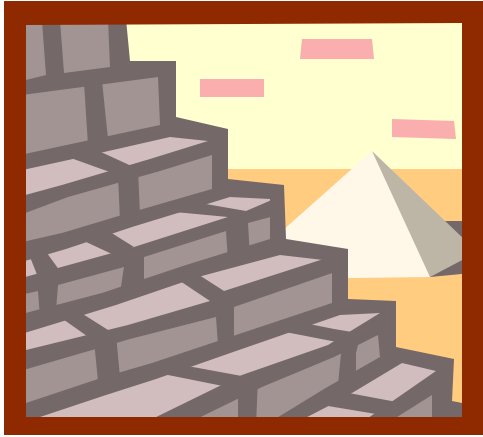
Since the Egyptians believed their Pharaoh (king) was a god, they built special places for them to be buried. The places they built were the great pyramids along the banks of the Nile River. The pyramids were built between 2,700 and 1,640 B.C. The Egyptians built more than 80 pyramids.

The tallest pyramid is 450 feet tall. *The Statue of Liberty* in New York is only 190 feet tall. The pyramids could be so tall because of the special way they were built. The Egyptians were very good builders. They knew that the pyramid was a stable, strong shape.



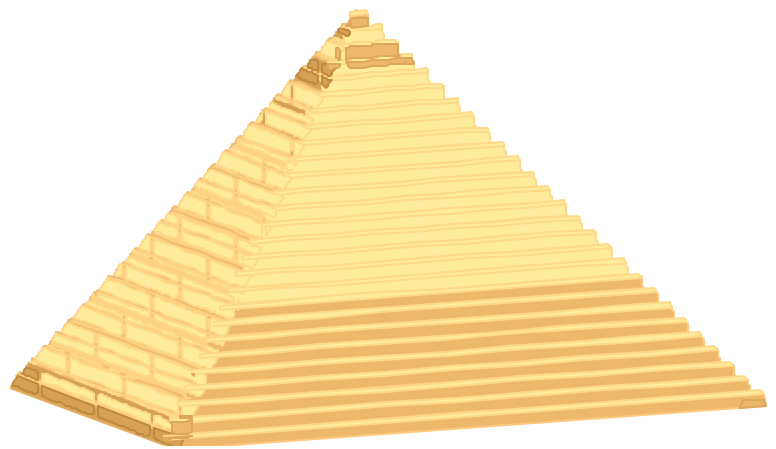
HOW HIGH?

At 450 ft (146 m), the Great Pyramid is taller than the Arc de Triomphe in Paris (150 ft/49.5 m), New York City's Statue of Liberty (190 ft/92 m), and St. Paul's Cathedral in London (330 ft/110 m).



The Egyptians built the pyramids in layers using stones. Each layer has fewer stones than the one below it, but has more stones than the layer above it. Each layer is built strong enough to hold the next layer that is built on top of it.

The first layer, or the base of the pyramid, contains the majority of stones and the largest stones. This makes the base very strong and a good foundation for building the other layers.



The second layer of the pyramid contains fewer stones than the base. This layer makes the pyramid taller and a little narrower. The next layers are built using fewer stones so the pyramid becomes narrower towards the top.



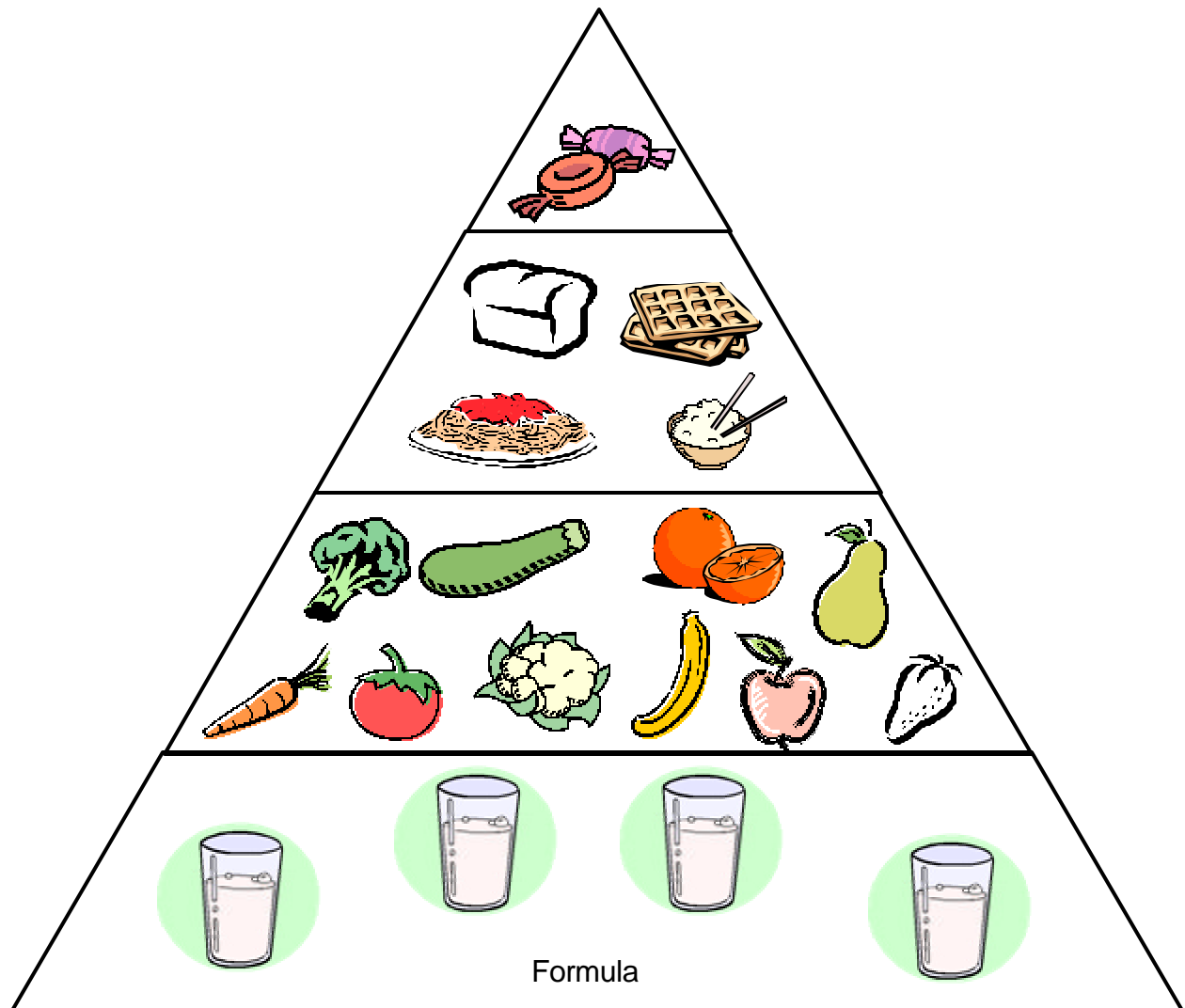
At the very top of the pyramid, there are very few stones. These stones are hardly needed at all. The pyramid would be the same stable, strong building without these stones.

The Egyptians had a good idea about how to build a strong, stable building using the pyramid shape. You can build a strong, healthy body by following the PKU Food Pyramid.

The PKU Food Pyramid is built in four layers. The base layer is the most important layer. It contains the phenylalanine-free formula. This layer is really good for your body and helps keep you healthy.

The next layer of the PKU Food Pyramid is built of fruits and vegetables. There are many different types of fruits and vegetables in this layer. The greater the variety of fruits and vegetables you eat, the stronger the layer becomes. Eating a variety of foods from this layer helps you grow strong and healthy.

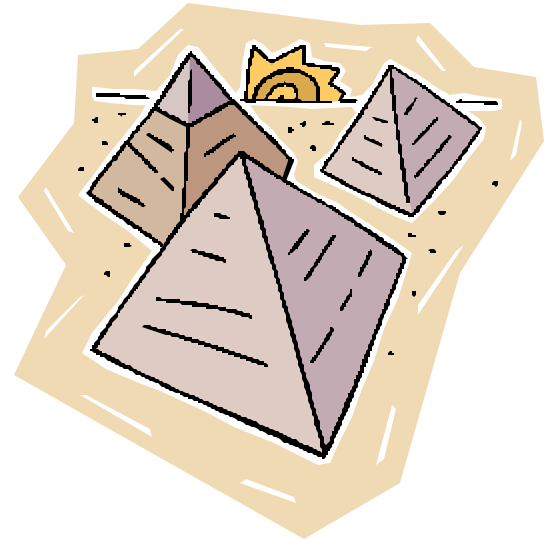
The next layer of the PKU Food Pyramid is built of low protein breads, pasta, cereal, and rice. This layer doesn't contain as much food as the first two layers. Eating low protein foods from this layer helps you to have energy and to grow.



The top layer of the PKU Food Pyramid includes the “extra” foods, such as candies and sweets. This layer is similar to the Egyptian pyramids. It does not make the pyramid any stronger or better. You can be healthy without eating any foods from the top. If you do eat foods from the top, eat them every once in a while.

The majority of foods you eat should come from the bottom half of the pyramid. The bottom layer provides the majority of your food needs. Every day you need to drink your formula to make the bottom layer of your food pyramid strong. To build your pyramid taller, you need to eat a variety of fruits and vegetables. You also should eat low protein breads, pastas, cereals and rice to strengthen your food pyramid. The top of the pyramid is built of candies and treats. These foods should be eaten just on special days.

To complete some of the Egyptian pyramids it took 5,000 men working every day for 20 years. To complete your food pyramid it takes eating a variety of foods each and every day!



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