

Name: \_\_\_\_\_

# EAT WHAT YOU WANT DAY!



Eat What You Want Day, celebrated on May 11th, is a carefree and enjoyable holiday that encourages people to set aside dietary restrictions for a day and indulge in their favorite foods, celebrating the joy and comfort that comes from eating whatever they crave.

**Directions:** Use your math skills to find the value of each icon and the '?' in the puzzle below.

$$\text{Sandwich} + \text{Sandwich} = 10$$

$$\text{Sandwich} + \text{Sushi} = 9$$

$$7 - \text{Sushi} = \text{Pie}$$

$$\text{Sandwich} + \text{Pie} + \text{Sushi} = ?$$

My Answer: ? = \_\_\_\_\_

Answer Key:

Hot Dog & Soda=5

Sushi=4

Pie=3

**?=12**

**Fun Fact:** Eat What You Want Day was created to break away from the numerous diet and nutrition rules that many people follow, offering a guilt-free day of indulgence. This day emphasizes the idea of balance and enjoying life, reminding us that while healthy eating is important, occasionally treating yourself to your favorite foods is also a key part of a happy, balanced lifestyle.