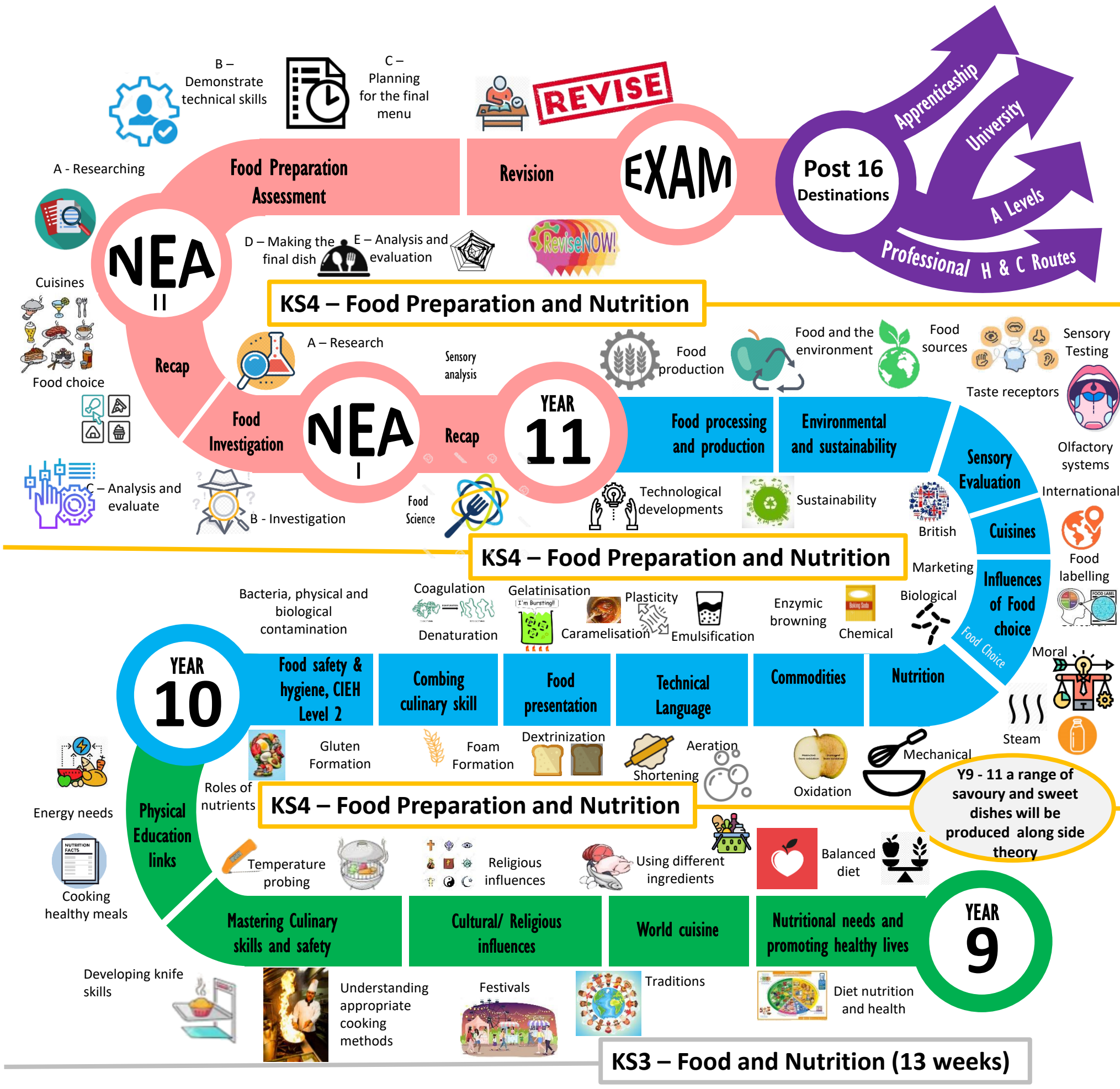My Food Learning Journey