



Consumer studies

XXX FOOD & NUTRITION
XX SELF STUDY GUIDE
X BOOKLET 1



Health, Education and
Social Development
Department



Curriculum
Development



Department of
Education
Western Cape



WETA



Grade 1 november 2013 Consumer Studies

Jianjun Gao



Grade 1 november 2013 Consumer Studies:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Grade 1november 2013 Consumer Studies**

In a global inundated with monitors and the cacophony of fast connection, the profound power and emotional resonance of verbal artistry usually diminish into obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the lyrical pages of **Grade 1november 2013 Consumer Studies**, a interesting work of fictional brilliance that impulses with natural feelings, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this magical opus manuals visitors on a psychological odyssey, softly revealing the latent possible and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is main styles, dissect its fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

https://staging.conocer.cide.edu/public/uploaded-files/fetch.php/glorious_cause_the_the_american_revolution_1763_1789.pdf

Table of Contents Grade 1november 2013 Consumer Studies

1. Understanding the eBook Grade 1november 2013 Consumer Studies
 - The Rise of Digital Reading Grade 1november 2013 Consumer Studies
 - Advantages of eBooks Over Traditional Books
2. Identifying Grade 1november 2013 Consumer Studies
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Grade 1november 2013 Consumer Studies
 - User-Friendly Interface
4. Exploring eBook Recommendations from Grade 1november 2013 Consumer Studies
 - Personalized Recommendations

- Grade 1november 2013 Consumer Studies User Reviews and Ratings
- Grade 1november 2013 Consumer Studies and Bestseller Lists
- 5. Accessing Grade 1november 2013 Consumer Studies Free and Paid eBooks
 - Grade 1november 2013 Consumer Studies Public Domain eBooks
 - Grade 1november 2013 Consumer Studies eBook Subscription Services
 - Grade 1november 2013 Consumer Studies Budget-Friendly Options
- 6. Navigating Grade 1november 2013 Consumer Studies eBook Formats
 - ePub, PDF, MOBI, and More
 - Grade 1november 2013 Consumer Studies Compatibility with Devices
 - Grade 1november 2013 Consumer Studies Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Grade 1november 2013 Consumer Studies
 - Highlighting and Note-Taking Grade 1november 2013 Consumer Studies
 - Interactive Elements Grade 1november 2013 Consumer Studies
- 8. Staying Engaged with Grade 1november 2013 Consumer Studies
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Grade 1november 2013 Consumer Studies
- 9. Balancing eBooks and Physical Books Grade 1november 2013 Consumer Studies
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Grade 1november 2013 Consumer Studies
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Grade 1november 2013 Consumer Studies
 - Setting Reading Goals Grade 1november 2013 Consumer Studies
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Grade 1november 2013 Consumer Studies
 - Fact-Checking eBook Content of Grade 1november 2013 Consumer Studies

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Grade 1 november 2013 Consumer Studies Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Grade 1 november 2013 Consumer Studies PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to

focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Grade 11 November 2013 Consumer Studies PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Grade 11 November 2013 Consumer Studies free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Grade 11 November 2013 Consumer Studies Books

1. Where can I buy Grade 11 November 2013 Consumer Studies books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Grade 11 November 2013 Consumer Studies book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Grade 11 November 2013 Consumer Studies books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.

5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Grade 1november 2013 Consumer Studies audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Grade 1november 2013 Consumer Studies books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Grade 1november 2013 Consumer Studies :

glorious cause the the american revolution 1763-1789

gobblers i have known

gnostic contagion robert duncan and the poetry of illness

~~go for it a on sport and recreation for persons with disabilities~~

goblin commander unleash the horde

globalisation and environment

go gentle into the night

go die in afghanistan butcher no 33

go and catch a falling star pursuing popular culturepb1994

gnosis an introduction

god and the evolving universe

globalisation multinational corporation economics

go fly a sailplane an introduction to soaring

glossaryindex for a course in miracles

goal hockeys stanley cup playoffs

Grade 1november 2013 Consumer Studies :

hp warranty i ii spl sph sp hys dfr ftc iisl iish iisp - Oct 21 2022

web description fig 1 front panel 6 info setpoint button 7 increase manual mode button 8 manual defrost decrease button 9 exit stand by button indications

lae cdc12 user manual by 50mb78 issuu - Jul 18 2022

web lae electronic controller t4 lae electronic controller instructions for installation and use manual 7 pages download manuals user guides for 42 devices offered by lae

ad2 28 instructions for use technical data lae - Jan 24 2023

web ah1 5 instructions for use rev 2 caution if dfm non or c h hea all defrost functions are inhibited if dft 0 automatic defrost functions are excluded during a high

lae cdc12 user manual by mor1965 issuu - Oct 09 2021

instructions for installation and use srw - Jul 30 2023

web we thank you for choosing an lae controller before proceeding to the installation please read this instructions sheet carefully only in this way you will obtain maximum

lae electronic cdc122t1r2 instructions for - Aug 31 2023

web control parameters the adaptation of the cdc 12 to the system that it controls is achieved through the parameters in the setup access to the parameters is obtained by

lae cdc12 controller manual florida state university - Jan 12 2022

web lae cdc12 controller manual 1 1 map index pdf lae cdc12 controller manual this is likewise one of the factors by obtaining the soft documents of this lae cdc12 controller

download lae electronic - Mar 26 2023

web web lae electronic com info lae electronic com lae electronic spa vat 02205880269 privacy policy copyright cookies policy digital agency alea pro

cdc122t1r2 cdc122t1r3b cdc122t1r3g cdc122t1r3j - Apr 26 2023

web it s possible to search one or more products even discontinued ones by giving the complete name or just part of it for example in the category refrigeration controllers it s

controllers for refrigeration applications from lae electronic - May 16 2022

web dec 9 2012 10 09 2012 01 43 pm 1 refrep rookie poster join date jan 2009 location uk posts 12 rep power 0 lae cdc 12 controller we have a customer who has a walk in

cdc122 lae electronic - May 28 2023

web found the document has moved here

at1 5 instructions for use lae electronic - Sep 19 2022

web wir bedanken uns daß sie einen lae regler gekauft haben bevor der cdc12 installiert wird lesen sie bitte aufmerksam diese bedienungsanleitungen durch dadurch werden

lae electronic - Feb 22 2023

web manual activation increase button exit stand by button installation the ad2 28 controller size 107x95x47 mm wxhxd is to be secured to a din rail in such a

ah1 5 instructions for use rev 2 lae electronic - Dec 23 2022

web instructions for installation and use cdc122t1r2 cdc122t1r3b cdc122t1r3g cdc122t1r3j we thank you for choosing an lae controller before

lae electronic controller manuals all guides - Jun 16 2022

web controllers can be optimised to maximise the energy rating of your product or perform specific operations for advice on programming an lae controller email

controller lae cdc 12 pdf thermostat manufactured goods - Nov 21 2022

web lae electronic com e mail info lae electronic com partner venezia 041 5460713 0llcd005en lcd32 signalled by means of the buzzer and the blinking

lae cdc 12 controller manual - Feb 10 2022

web lae cdc12 controller manual most owner manuals also say that you need a ladder for the installation depending on how high your current controller is mounted that may be

lae cdc 12 controller refrigeration engineer com - Apr 14 2022

web download lae cdc12 controller manual pdf free download lae cdc12 controller manual pdf pdf manuals library lae cdc12 controller manual pdf reading is the main learning tool

lae cdc12 controller manual 1 1 map index pdf ministry of - Dec 11 2021

web lae cdc 12 controller manual favorite dear for windows manual scan jp pc windows a collection of electronics manuals in

japanese

lae cdc 12 controller manual - Nov 09 2021

web jan 20 2018 get lae cdc12 user manual pdf file for free from our online library lae cdc12 user manual pdf subject lae cdc12 user manual its strongly

cdc12 lae controller manual peatix - Mar 14 2022

web lae cdc 12 controller manual our service allows you in just a few clicks to launch your search for a user s manual as soon as your request is made it reaches our teams who

bedienungs und einbauanleitungen - Aug 19 2022

web jan 18 2018 get lae cdc12 user manual pdf file for free from our online library this are a summary of resource articles related to lae cdc12 user manual file id

instructions for installation and use - Jun 28 2023

web web lae electronic com info lae electronic com lae electronic spa vat 02205880269 privacy policy copyright cookies policy digital agency alea pro

was ist was band 7 wetter sonne wind und wolkenbruch - Jun 12 2023

web sonne wind und wolkenbruch sind themen in diesem sachbuch anhand spannender fotos grafiken und infokästen erklärt der autor karsten schwanke ob und wie sich

was ist was band 7 wetter sonne wind und wolkenbruch - Mar 09 2023

web sonne wind und wolkenbruch sind themen in diesem sachbuch anhand vieler fotos grafiken und infokästen wird den fragen nachgegangen wo kommt das wetter her

was ist was band 7 wetter sonne wind und wolkenbruch - Oct 24 2021

wetter sonne wind und wolkenbruch goodreads - Jan 07 2023

web das wetter sonne wind und wolkenbruch was ist was erklärt ein naturphänomen das für uns menschen sehr wichtig ist das wetter mit der bestellung oder

klima istanbul wetter klimatabelle tipps reise klima de - Apr 29 2022

web wetter sonne wind und wolkenbruch von schwanke karsten materialtyp text reihen was ist was 7 veröffentlichungsangaben nürnberg tessloff 2013 auflage

details zu wetter sonne wind und wolkenbruch kronshagen - Aug 02 2022

web wetter heute 06 09 2023 in istanbul ist es morgens bedeckt bei werten von 22 c am mittag wechseln sich wolken und sonne ab und die temperatur steigt auf 27 c am

[wetter sonne wind und wolkenbruch worldcat org](#) - Aug 14 2023

web wetter sonne wind und wolkenbruch karsten schwanke wir frieren bei eiskaltem wind werden von regen oder schnee nass und schwitzen in der sommerlichen hitze

[das wetter sonne wind und wolkenbruch amazon de](#) - Dec 06 2022

web amazon de kaufen sie was ist was dvd das wetter sonne wind und wolkenbruch günstig ein qualifizierte bestellungen werden kostenlos geliefert sie finden

[wissen aktuell sonne wind und wolkenbruch 3sat](#) - May 11 2023

web 20 15 uhr wissen aktuell sonne wind und wolkenbruch das wetter endlich verstehen 3sat wie wird das wetter morgen eine frage die viele menschen interessiert

details zu wetter sonne wind und wolkenbruch stadtbücherei - Jul 01 2022

web ein blick auf die klimatabelle verrät während das wetter im september mit bis zu 26 grad noch sommerlich warm ist kühlt es im oktober langsam ab doch selbst der november

[was ist was dvd das wetter sonne wind und wolkenbruch](#) - Oct 04 2022

web behandelt werden weiterhin die wetterphänomene von wind niederschlag wolkentypen gewitter bis zum regenbogen und selbstverständlich wird das thema

[details zu wetter sonne wind und wolkenbruch stadtbücherei](#) - Sep 03 2022

web ill farb graph darst kt 29 cm isbn 9783788620585 themenkreis wetter wetter klima schlagwörter wetter klima genre form kindersachbuch systematik 6 3

windbruch auf türkisch übersetzen deutsch türkisch wörterbuch - Jan 27 2022

web 404 opps sayfa bulunamadı aradığınız sayfa mevcut değil siteye dön

[404 trwebtoon](#) - Nov 24 2021

web wetter sonne wind und wolkenbruch karsten schwanke mitwirkende r schwanke karsten materialtyp text sprache deutsch reihen was ist was bd 7

was ist was wetter sonne wind und - Feb 08 2023

web oct 31 2013 read reviews from the world s largest community for readers rare book

[details zu wetter sonne wind und wolkenbruch](#) - Feb 25 2022

web wind break i rüzgara karşı koruma sağlayan sıralı veya küme halindeki ağaçlar veya çalılar meteorology 15 meteoroloji

tureng wind break türkçe İngilizce sözlük - Dec 26 2021

web sonne wind und wolkenbruch sind themen in diesem sachbuch anhand vieler fotos grafiken und infokästen wird den fragen nachgegangen wo kommt das wetter her

tessloff was ist was band 7 wetter sonne wind - Nov 05 2022

web details zu wetter sonne wind und wolkenbruch normale ansicht marc isbd wetter sonne wind und wolkenbruch karsten schwanke mitwirkende r schwanke

wetter istanbul wetter com - May 31 2022

web moderne satelliten und radarbilder sowie viele neue wetterstationen verschaffen den meteorologen einen besseren Überblick über die aktuelle wetterlage in rechenzentren

details zu wetter sonne wind und wolkenbruch - Sep 22 2021

wetter sonne wind und wolkenbruch servus kinder - Apr 10 2023

web moderne satelliten und radarbilder sowie viele neue wetterstationen verschaffen den meteorologen einen besseren Überblick über die aktu wetter sonne wind und

details zu wetter sonne wind und wolkenbruch koha katalog - Mar 29 2022

web dolmetscher und Übersetzerverzeichnis aller sprachen tüm diller için tercüman listesi 2 direkte treffer gefunden für windbruch deutsch türkisch der windbruch rüzgârın

was ist was band 7 wetter sonne wind und wolkenbruch - Jul 13 2023

web was ist was band 7 wetter sonne wind und wolkenbruch was ist was sachbuch band 7 schwanke karsten amazon com tr kitap

icosahedron ornament balls tutorial math love - Sep 09 2023

web may 31 2014 1 supplies 1 1 circle punch 1 2 colorful paper to cut circles from 1 3 cardstock to create equilateral triangle template 1 4 curling ribbon 1 5 glue sticks 2 preparing your ornament supplies 3 assembling the icosahedron ornament ball 4 ideas for adapting this project 5 more christmas activities

230 icosahedron template illustrations royalty free vector - Sep 28 2022

web browse 230 icosahedron template stock illustrations and vector graphics available royalty free or start a new search to explore more great stock images and vector art sort by most popular paper unwrap templates of dice for boardgames truncated icosahedron soccer ball template for making a 3d icosahedron on blue background

icosahedron decor free template creative in chicago - May 05 2023

web jun 3 2019 pens or paint to decorate start by downloading and printing the template download icosahedron template cut along dashed lines score fold along solid lines use double sided tape to stick together final icosahedron then the fun really starts time to decorate i took two approaches to decorating

icosahedron template pdf doc template pdfiller - Jun 25 2022

web an icosahedron template pdf is a printable template that helps in creating an icosahedron shape an icosahedron is a 3 dimensional geometric shape with 20 equilateral triangular faces the template provides the necessary outlines and lines for you to cut and fold to create an accurately shaped icosahedron

icosahedron model template math is fun - Jun 06 2023

web math explained in easy language plus puzzles games quizzes worksheets and a forum for k 12 kids teachers and parents

icosahedron ornament balls tutorial math love printable - Oct 30 2022

web may 31 2014 i ve got an icosahedron decoration balls tutorial to split with you right these ornaments are super easy and fun to build with even twenty circles glue and i ve had an icosahedron ornamentation balls tutorial to share with you today

icosahedron pattern illustrations vectors dreamstime - May 25 2022

web icosahedron pattern illustrations vectors download 416 icosahedron pattern stock illustrations vectors clipart for free or amazingly low rates new users enjoy 60 off 224 123 778 stock photos online

icosahedron sphere from a4 papers instructables - Nov 30 2022

web this icosahedron sphere is a fun combination of craft and math no calculations needed it s made by connecting many small triangles with no glue to create a very stable sphere the building blocks are non curved triangles and by connecting them into a combination of hexagons and pentagons you create a curved shape

[icosahedron enchantedlearning com](#) - Feb 02 2023

web make an icosahedron print out an icosahedron template

icosahedron template illustrations vectors dreamstime - Oct 10 2023

web icosahedron template illustrations vectors download 507 icosahedron template stock illustrations vectors clipart for free or amazingly low rates new users enjoy 60 off 223 945 008 stock photos online

[icosahedron enchantedlearning com](#) - Mar 03 2023

web an icosahedron is a regular geometric solid called a platonic solid that has 20 equilateral triangles as faces it has 12 vertices points and 30 edges lines between the triangular faces print out the icosahedron template

icosahedron template creative in chicago - Aug 08 2023

web icosahedron template title pentagon ai created date 5 31 2019 10 51 05 am

download stl file icosahedron with midcircles template to 3d print - Jul 27 2022

web jun 20 2020 download stl file icosahedron with midcircles template to 3d print cults icosahedron with midcircles us 1 46 add to make 1 6k views 3d model description an icosahedron made of twenty triangles sharing thirty edges five at each of twelve vertices notice the dozen pentagonal pyramids one of five platonic solids

[element icosahedron project chandler unified school district](#) - Aug 28 2022

web icosahedron template and building directions using the template circle pattern cut 20 circles from the material chosen to construct the element ball using the triangle pattern trace the triangle inside the circle number each circle from 1 20 in the circle part located outside the triangle

icosahedron wikipedia - Feb 19 2022

web a detail of spinoza monument in amsterdam the great icosahedron is one of the four regular star kepler poinsot polyhedra its schläfli symbol is $3/2$ like the convex form it also has 20 equilateral triangle faces but its vertex figure is a pentagram rather than a pentagon leading to geometrically intersecting faces

icosahedron 3d papercraft template pdf platonic etsy - Jan 01 2023

web jun 5 2023 printable details 1 design of 3d papercraft template of a icosahedron decoration page size 8 1/2 x 11 a4 high resolution image 300dpi 1 high quality pdf file transparent background watermark and logo will not appear on your print this listing is for 1 printable template of a icosahedron decoration please note

icosahedron form 9 steps with pictures instructables - Apr 23 2022

web step 1 materials and method to make this truncated icosahedron i use two molds in a vacuum former with a material called petg i made two different molds using mdf and acrylic materials needed 20 inch petg sheets from amazon make sure its optically clear and doesn t have lines in it mdf sheets i used 5 inches for this two layers

icosahedron model template  - Mar 23 2022

web math explained in easy language plus puzzles games quizzes worksheets and a forum for k 12 kids teachers and parents
[net of an icosahedron icosahedron template teacher made](#) - Apr 04 2023

web jan 2 2018 make your own icosahedron with our icosahedron template a useful icosahedron template for your children to build their own icosahedron easy to make and includes simple instructions to follow this resource can be a fun craft activity for children to do in class or at home

rainbow icosahedron ball teach beside me - Jul 07 2023

web we made one called a regular convex icosahedron what to learn how to make a paper ball icosahedron the hardest part is actually learning how to spell it you start with 20 circles of paper i printed out 10 sheets of paper with 2 equal circles on it you are welcome to use my simple template