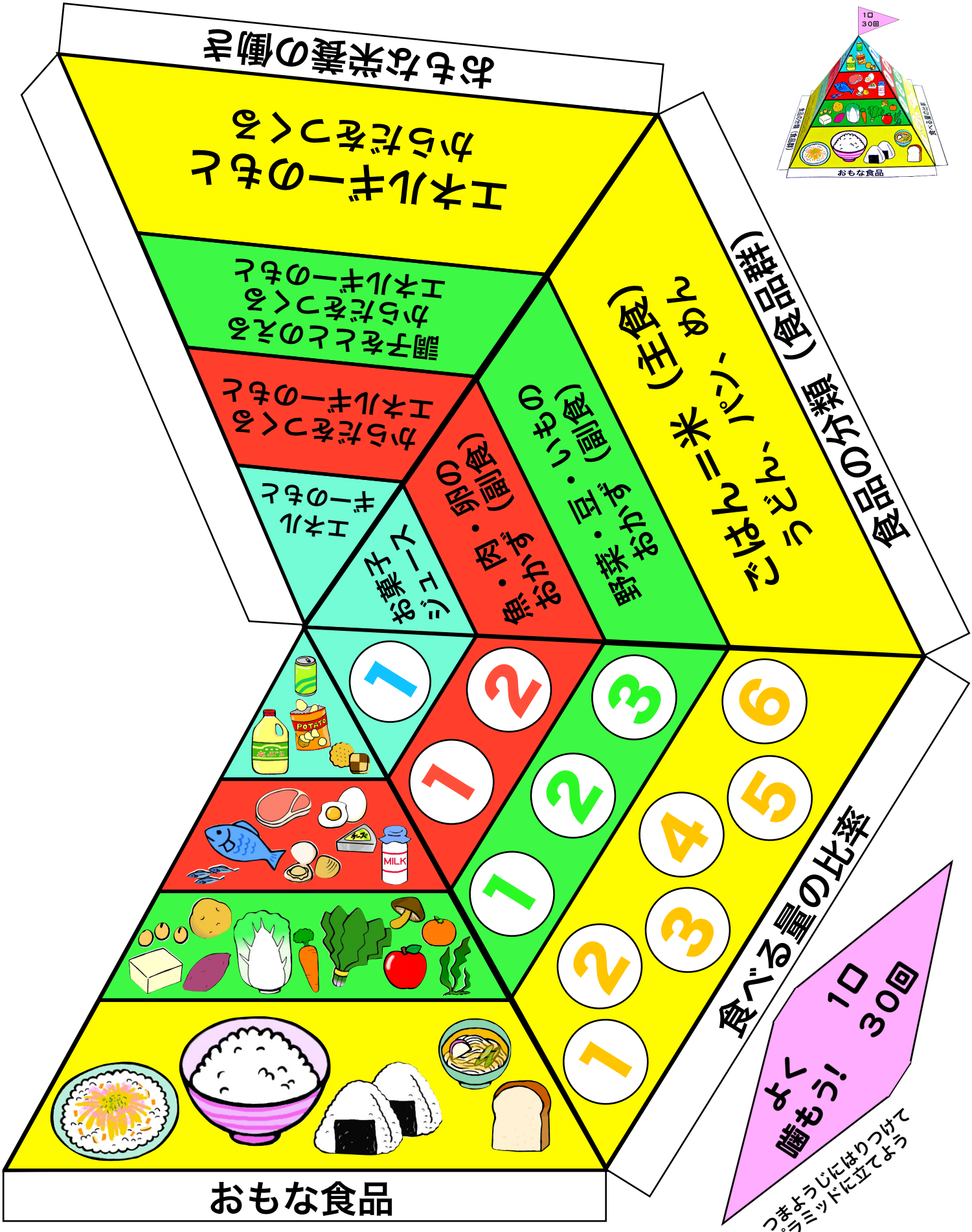たべかたピラミッドをつくろう