

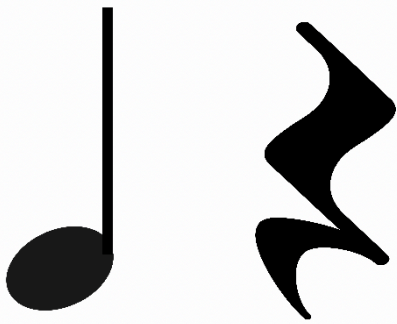
Food and Rhythm Dissection



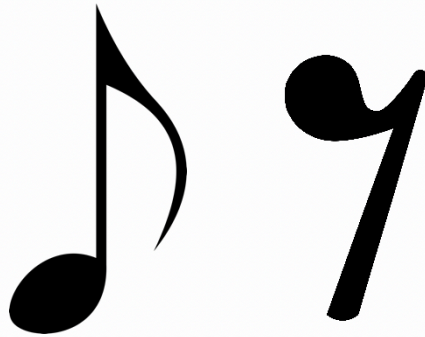
Whole Note and Whole Rest
4 beats



Half Note and Half Rest
2 beats



Quarter Note and Quarter Rest
1 beat



8th Note and 8th Rest
 $\frac{1}{2}$ of a beat



16th Note and 16th Rest
 $\frac{1}{4}$ of a beat