Canada's Food Guide – Task 1: Skill-Building Activity 2, Worksheet 1

Part A: Match the pictures with the sentences. Write the number of the sentence below the picture. Write the name of the food beside the number.

1. Try new **vegetables and fruits**.
2. Eat the **whole fruit**.
3. Fresh or **frozen vegetables and fruit** are healthy.
4. Try different dark green vegetables like **spinach**.
5. Eat more plant protein like tofu, **beans** and lentils.
6. Fish, chicken and **lean meat** are healthier than fatty meats.
7. Eat less **deli meats**.
8. **Whole grains** are healthier.
9. Drink lots of **water** every day.

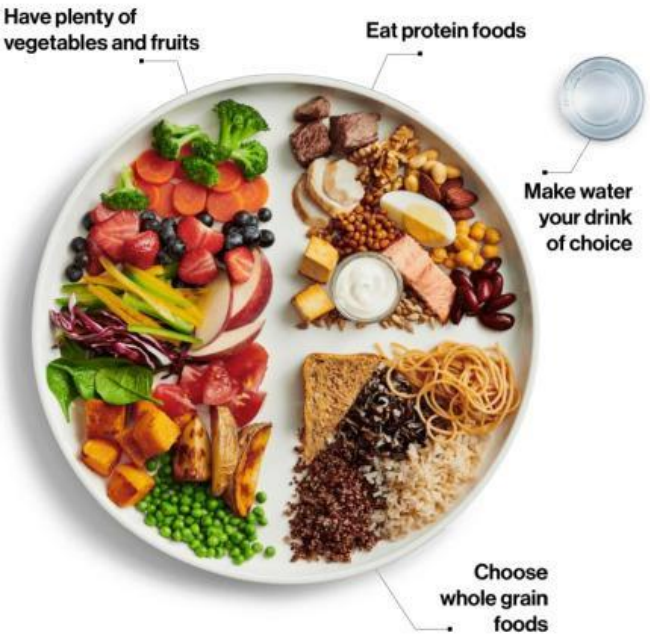
		
6 – lean meat		
		
		

LIVEWORKSHEETS

Part B:

Circle the correct word.

1.	Drink	more / less	juice.
2.	Eat	more / less	greens.
3.	Eat	more / less	whole grains.
4.	Eat	more / less	white bread and white rice.
5.	Eat	more / less	plant protein.
6.	Eat	more / less	fatty meat.
7.	Eat	more / less	processed meat.
8.	Drink	more / less	water.



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