












### 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.

		
<b>6 – lean meat</b>		
		
		



**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.                      |

