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

Part A: Choosing Healthy Food at the Grocery Store



shopping list



cart



help

Nutrition Facts	
Per 1 cup (250 mL)	
Fat	5%
Fibre	10%
Sugar	13%
Protein 2 g	
Sodium	15%

nutrition information



vegetables and fruits



grocery store

What can help you choose healthy food at the grocery store? Use the words above to fill in the blanks.

You can **write** a _____ to stay organized. You can **go** to the _____ and _____ section first. You can **fill** half of your _____ with vegetables and fruit. You can **ask** for _____ if you can't find something. You can **read** the _____ on packaged foods.

Part B: Asking for Help

Practise asking for help with a partner. Fill in the blanks with food words.

1. Where is/are the _____?
2. Do you have any _____?
3. How much is/are the _____?

LIVEWORKSHEETS