



Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 2

Plan a Meal – Group Work

Group #1

Meal:	A small snack
Group member names:	
Our snack is called:	

Write a grocery list for the foods that you need to make this snack.

Vegetables and Fruit

Whole Grains

Protein



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Plan a Meal – Group Work

Group #2

Meal:	Breakfast
Group member names:	
Our meal is called:	

Write a grocery list for the foods that you need to make this meal.

Vegetables and Fruit

Whole Grains

Protein



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Plan a Meal – Group Work

Group #4

Meal:	Dinner
Group member names:	
Our meal is called:	

Write a grocery list for the foods that you need to make this meal.

Vegetables and Fruit

Whole Grains

Protein

