

## Canada Food Guide- Healthy Eating

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Which picture is described by the words below.



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium, sugars or saturated fat



Be aware of food marketing

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- soda pop
- chocolate and candies
- ice cream and frozen desserts
- fast foods like French fries and burgers
- bakery products like muffins, buns and cakes

- learn new skills
- control the amount of sauces and seasonings
- have foods that you and your family like and will eat
- save money
- choose healthy ingredients

- tasting the flavours
- trying new foods
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- have others help meal planning, preparation and clean up

- recognize when foods are being marketed to you
- decide whether a food item is healthy by using food labels
- teach young children and teens, about advertising

- compare when you choose products
- know what ingredients are in food products
- choose products vitamins and minerals that you want

- enjoy quality time together
- share food traditions and cultures with children
- explore new healthy foods that you don't normally

- how you eat
- why you eat
- what you eat
- when you eat
- where you eat
- how much you eat