



### Canada's Food Guide – Assessment 1 – CLB 2

#### **Writing**

Competency: Sharing Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Check Canada's Food Guide. How many servings of each food group do you need every day?

Vegetables and Fruit		Grain Products	
Milk and Alternatives		Meat and Alternatives	

Plan a healthy menu for one day for yourself. Check Canada's Food Guide and "Colour your plate with a rainbow." Write serving sizes and names of food.

\*Check to make sure you have included enough servings from each food group.

Breakfast:
Lunch:
Dinner:
Snacks:

Section 1: 4 marks

Section 2: 4 marks for each meal (/16)

Total: \_\_\_\_/20

16/20 = Task achieved: Yes No