

**Canada's Food Guide – Assessment 2 (page 1 of 2) – CLB 3****Writing**

Competency: Sharing Information

Name: _____ Date: _____

Sex: _____ Age: _____

Part A: 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	

Part B: 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:

Part A: 4 marks

Part B: 4 marks for each meal (/16)

Page Total: ____/20



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Write four or five sentences describing your menu by answering one or two of the following questions. *Remember to put capital letters at the beginning of sentences and a period at the end.

Would you eat this menu? Why or Why not?

Would your family enjoy eating this menu as well? Why or why not?

Is this menu very different from what you eat regularly? Describe how it is different.

2 marks for each sentence. 1 mark for structure and 1 mark for content.



Page Total: ____/10

Assessment Total: ____/30

24/30 = Task achieved: Yes No