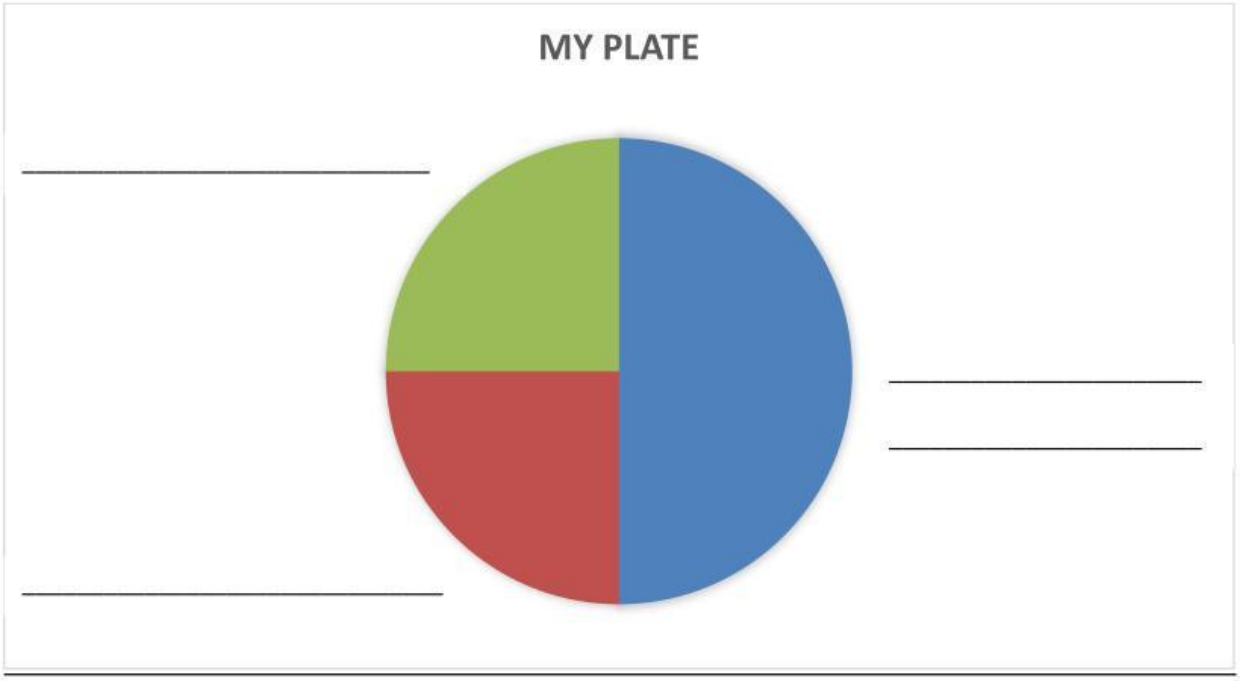
Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 1

Using the Food Guide to Plan Meals

Part A:
Read the information and look at the picture.

1. Fill **half** 1/2 of your plate with **vegetables and fruits**.
2. Fill **a quarter** 1/4 of your plate with **protein foods**.
3. Fill **a quarter** 1/4 of your plate with **whole grains**.

Write the correct food group on each line.



LIVEWORKSHEETS

Part B:
Watch the videos together as a class. Write the foods that you see.

Snacks	
Breakfast	
Family Meals	
Mixed Dishes	

LIVEWORKSHEETS