



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.

MY PLATE



Part B:

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

Snacks	
Breakfast	
Family Meals	
Mixed Dishes	