Canada Food Guide- Healthy Eating

1 Which picture is described by the words below.



Be mindful of your eating habits

2



Cook more often

3



Enjoy your food

4



Eat meals with others

5



Use food labels

6



Limit foods high in sodium, sugars or saturated fat

7



Be aware of food marketing

6

- 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

LIVEWORKSHEETS