



Canada's Food Guide – Activity 6, Worksheet 1 – CLB 2

Information about Healthy Food

Read the information from Canada's Food Guide.

1. Eat dark green and orange vegetables every day.
2. Vegetables and fruit are healthier than juice.
3. Whole grain products are very healthy. Try to eat them often.
4. Low fat milk is healthy.
5. Try to eat lean meat and eat fish 2 times a week.
6. Too much oil, fat, sugar and salt are not healthy.
7. Drink tap water when you are thirsty.

Write the name of the food under each picture and the number of the sentence from above that gives information about the picture. You will need to use some numbers more than once.



Answer the questions or fill in the blanks:

1. What colour of vegetables do we need every day? _____ and _____
2. What is more healthy: vegetables and fruit, or juice? _____
3. Whole grain products are _____.
4. What kind of milk is healthy? _____
5. What kind of meat is healthy? _____
6. Name 4 things that are not healthy if we eat too much of them:
_____, _____, _____ and _____
7. What is the best drink when you are thirsty? _____