



Canada's Food Guide – Task 1: Skill-Building Activity 2, Worksheet 1

Part A: Match the pictures with the sentences. Write the number of the sentence below the picture. Write the name of the food beside the number.

1. Try new vegetables and fruits.
2. Eat the whole fruit.
3. Fresh or frozen vegetables and fruit are healthy.
4. Try different dark green vegetables like spinach.
5. Eat more plant protein like tofu, beans and lentils.
6. Fish, chicken and lean meat are healthier than fatty meats.
7. Eat less deli meats.
8. Whole grains are healthier.
9. Drink lots of water every day.

		
6 – lean meat		
		
		

**Part B:****Circle the correct word.**

- | | | |
|----------|-------------|-----------------------------|
| 1. Drink | more / less | juice. |
| 2. Eat | more / less | greens. |
| 3. Eat | more / less | whole grains. |
| 4. Eat | more / less | white bread and white rice. |
| 5. Eat | more / less | plant protein. |
| 6. Eat | more / less | fatty meat. |
| 7. Eat | more / less | processed meat. |
| 8. Drink | more / less | water. |

