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

### Part A: Choosing Healthy Food at the Grocery Store



**shopping list**



**cart**



**help**

| Nutrition Facts | |
|---|---|
| Per 1 cup (250 mL) | |
| Fat | 5% |
| Fibre | 10% |
| Sugar | 13% |
| Protein 2 g | |
| Sodium | 15% |

**nutrition information**



**vegetables and fruits**




**grocery store**

**What can help you choose healthy food at the grocery store? Use the words above to fill in the blanks.**

You can **write** a _____ to stay organized. You can **go** to the _____ and _____ section first. You can **fill** half of your _____ with vegetables and fruit. You can **ask** for _____ if you can't find something. You can **read** the _____ on packaged foods.

### Part B: Asking for Help

**Practise asking for help with a partner. Fill in the blanks with food words.**

1. Where is/are the _____?
2. Do you have any _____?
3. How much is/are the _____?



LIVEWORKSHEETS