



Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 1

Using the Food Guide to Plan Meals

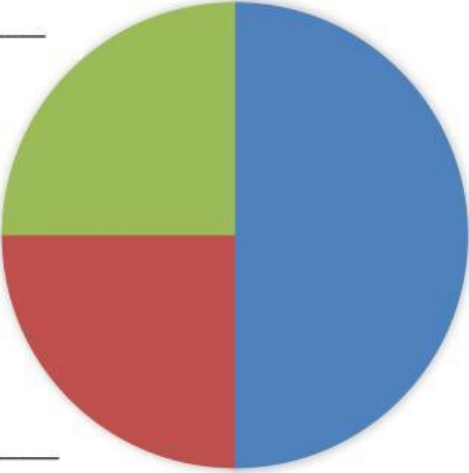
Part A:

Read the information and look at the picture.

1. Fill **half** $\frac{1}{2}$ of your plate with **vegetables and fruits**.
2. Fill **a quarter** $\frac{1}{4}$ of your plate with **protein foods**.
3. Fill **a quarter** $\frac{1}{4}$ 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	