Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 2

Plan a Meal – Group Work

Group #1

Meal:	**A small snack**
Group member names:	
Our snack is called:	

Write a grocery list for the foods that you need to make this snack.

Vegetables and Fruit
Whole Grains
Protein

LIVEWORKSHEETS

Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 2

Plan a Meal – Group Work

Group #2

Meal:	**Breakfast**
Group member names:	
Our meal is called:	

Write a grocery list for the foods that you need to make this meal.

Vegetables and Fruit
Whole Grains
Protein

LIVEWORKSHEETS

Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 2

Plan a Meal – Group Work

Group #3

Meal:	**Lunch**
Group member names:	
Our meal is called:	

Write a grocery list for the foods that you need to make this meal.

Vegetables and Fruit

Whole Grains

Protein

LIVEWORKSHEETS

Canada's Food Guide – Task 1: Skill-Building Activity 3, Worksheet 2

Plan a Meal – Group Work

Group #4

Meal:	**Dinner**
Group member names:	
Our meal is called:	

Write a grocery list for the foods that you need to make this meal.

Vegetables and Fruit
Whole Grains
Protein

LIVEWORKSHEETS