

Healthy Eating

Using Canada's Food Guide

ELSA Level: Level 1
Activity: Reading/Writing Using Canada's Food Guide
Time: 30 minutes
Materials: Printer-friendly Version of Canada's Food Guide:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index_e.html

Downloadable Worksheets #1-4

Learning Outcomes:

Learners will be able to:

- Differentiate between different food groups
- Recognize and write common food from each of the food groups

Suggested Approach:

- Download Canada's Food Guide, or order a class set of the Food Guide. Use only the picture on the first page.
- As a whole class, have learners name the food they recognize from the picture. You can write these words on the board to help them with their individual worksheets.
- Give each group a copy of Canada's Food Guide (pictorial version) and give each learner Worksheet #1: Canada's Food Guide.
- Learners practice writing the names of food they recognize from the Food Guide picture.
- Help learners recognize that there are four distinct groups of food in the Food Guide picture.
- Extension Activities:
Worksheet #2: Food Groups, learners circle which word does not belong.
Worksheet #3: learners look at the "Recommended Number of Food Servings" page in the Food Guide and complete the worksheet.
Worksheet #4: Canada's Food Guide servings

Worksheet #1: Canada's Food Guide

Look at the pictures in the Food Guide. Write.

Write the names of 3 fruits:

1. _____

2. _____

3. _____

Write the names of 3 vegetables:

1. _____

2. _____

3. _____

Write the names of 3 grain foods:

1. _____

2. _____

3. _____

Write the names of 3 meats or fish:

1. _____

2. _____

3. _____

Write the names of 3 things you see in the milk group:

1. _____

2. _____

3. _____

Worksheet #2: Food Groups

Look at the words. One word is from a different food

1. Apple Banana Orange Lettuce

2. Fish Chicken Apple Beef

3. Broccoli Apple Banana Orange

4. Lettuce Corn Broccoli Apple

5. Cheese Milk Yogurt Orange

6. Cereal Rice Lettuce Bread

7. Beef Corn Lettuce Tomato

8. Bread Cereal Noodles Apple

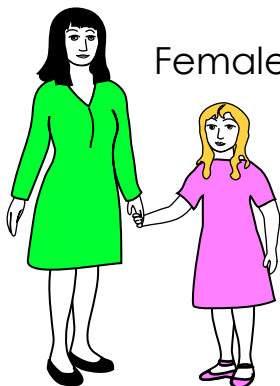
9. Lettuce Broccoli Orange Corn

10. Yogurt Cheese Banana Milk

11. Apple Lettuce Broccoli Corn

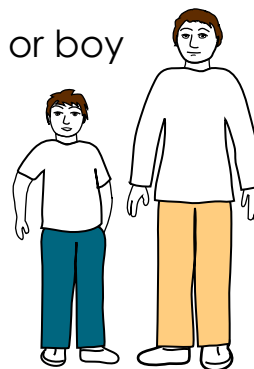
Worksheet #3: Recommended Servings

Look at the Food Guide. Answer the Questions:



Female = woman or girl

Male = man or boy



1. I am a woman. I am 35 years old. I need _____ servings of vegetables and fruit every day.
2. My son is 7 years old. He needs _____ servings of grains every day.
3. My grandmother is 72 years old. She needs _____ servings of milk every day.
4. Your father is 49 years old. _____ needs _____ servings of meat or beans every day.
5. My sister is 17 years old. _____ needs _____ servings of vegetables and fruit every day.
6. My daughter is 3 years old. _____ needs _____ servings of milk every day.
7. My brother is 22 years old. _____ needs _____ servings of meat or beans every day.
8. **How about YOU?** I am _____ years old. I need _____ servings of vegetables and fruit, _____ servings of grain, _____ servings of milk, and _____ servings of meat.

Worksheet #4: Canada Food Guide Servings

Look at the chart. Answer the questions.

Number of servings to eat every day:

	Children (boys and girls) 9-13 years old	Women 19-50 years old	Men 19-50 years old
Vegetables and fruit	6	7-8	8-10
Grains	6	6-7	8
Meat/ fish	1-2	2	3

1. Sasha is a 13 year old girl. How many servings of vegetables and fruit does she need to eat every day?

She needs to eat _____ servings of vegetables and fruit every day.

2. Donna is a 32 year old woman. How many servings of grains does she need to eat every day?

She needs to eat _____ servings of grains every day.

3. Sam is a 48 year old man. How many servings of meat or fish does he need to eat every day?

He needs to eat _____ servings of meat or fish every day.

4. Carlo is a 10 year old boy. How many servings of meat or fish does he need to eat every day?

He needs to eat _____ servings of meat or fish every day.