

Canada's Food Guide Worksheet

Name: _____

Canada's Food Guide has changed. Answer the following questions using the new food guide to show your understanding of the changes. The new food guide can be found using the following site:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

A user friendly Canada Food Guide can found at the following site:

http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf

1. Canada's Food Guide gives you information on the amount and types of foods you should eat. What three things will this information help you with?

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2. What are two tips for eating healthy from each of the four food groups? (8 tips total)

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3. Why is water so important in your diet?

4. For a specific age and gender (pick one), what are the recommended servings from each food group for you?

5. Should people eliminate oils and fats from their diets completely? Why or why not? What is recommended by Canada's Food Guide?

6. What are three tips regarding oils and fats in the guide?

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7. What are 5 benefits of eating healthy and being active?

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8. The food guide recommends changes for certain groups of individuals – children, pregnant women and people over 50. List 2 changes for each group. (6 in total)

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