

**Tip:** Many Canadians do not meet the recommendations for *Vegetables and Fruit* and *Milk Products*. Be aware of barriers that may affect people's access to certain foods. For example, cost, availability, food allergies and intolerances.

**You will need:**

A copy of *Canada's Food Guide*

Food models or food pictures from magazines or flyers

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## *Canada's Food Guide to Healthy Eating*

### Review Activities

#### Activity 1 – Food Match

**Literacy Stage 1**

1. Hand out [Activity Sheet 1.12: Food Match](#) to each learner.
2. Ask learners to draw a line from each food to the correct food group and write the name of the food group underneath each picture.
3. Talk about combination foods and how they can fit into two or more food groups. Examples: pizza, tuna noodle casserole, macaroni and cheese and chili.

#### Activity 2 – Serving Sizes

**Literacy Stage 2**

1. Hand out *Eating Well with Canada's Food Guide* and help learners find the column that corresponds to their age and gender.
2. Hold up a food model from each food group one at a time. Ask learners how many servings are recommended for them each day from that food group. (It may be different for different learners.)
3. Ask learners to write the name of the food down, what food group it belongs to and how many servings they require each day.

#### Activity 3 – One Day Food Diary

**Literacy Stage 3**

1. Hand out [Activity Sheet 1.13: One Day Food Diary](#) to each learner. Ask learners to write down the foods they ate yesterday. Then ask them to sort the foods into food groups.
2. Ask them to count and write down the number of food guide servings they had from each food group.
3. Have learners compare the number of servings eaten with the recommended number of servings for their age and gender. Ask if they had the recommended number of servings for each food group. If not, what could they have added?

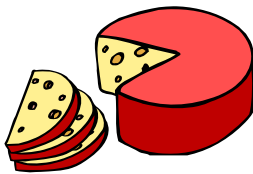
### Food Match

Draw a line from each food to the correct food group or write the name of the food group underneath each picture.

1.   
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**Vegetables and Fruits**

5.   
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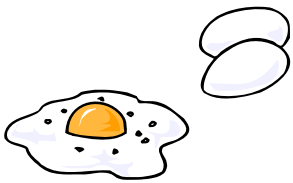
2.   
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**Grain Products**

6.   
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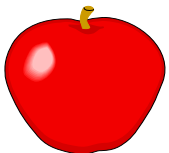
3.   
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**Milk and Alternatives**

7.   
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4.   
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**Meat and Alternatives**

8.   
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