**Canada Food Guide Activity – Questions**

**1. Fill in the table with the recommended daily serving amount of each food listed.**

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| --- | --- | --- |
| **Food** | **Males Ages 14-18** | **Females Ages 14-18** |
| Vegetables and Fruit |  |  |
| Grain Products |  |  |
| Milk and Alternatives |  |  |
| Meat and Alternatives |  |  |

**2. Having the amount and type of food recommended and following the tips in Canada’s Food Guide will help what 3 aspects of your health?**

**3. List one way you can make each serving count for each of the food groups.**

**4. Prepare 3 meals for a hypothetical day (breakfast, lunch, and supper), using the food guide and servings suggested for a person your age. Refer back to question 1 for the correct serving amounts.**