**Canteen and Vending Machine Analysis**

1. What options are available today?

2. Does the Canteen or Vending Machine include foods that fall into all of the food groups listed in Canada’s Food Guide? Which foods are missing?

3. Could you meet your daily serving amounts from the Canteen or Vending Machine according to the numbers provided in Canada’s Food Guide? Try to design 3 meals for one day from the options available as close to the guide outlines as possible.

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| --- | --- | --- |
| Meal | Your Menu | Servings |
| Breakfast |  |  |
| Lunch |  |  |
| Supper |  |  |