

NAME: _____ / _____



Healthy Eating Project

A. Using the Canada Food Guide, create:

Personal menu

- Make a menu with 3 days of meals that meet the guidelines set by the Canada Food Guide . Include portion sizes

	Breakfast	Lunch	Dinner
Day 1			
	Breakfast	Lunch	Dinner
Day 2			
	Breakfast	Lunch	Dinner
Day 3			

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Part B	5 Marks	Generate a list of 5 <u>tips</u> for healthy eating to go along with the 2 day menu
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MY 5 TIPS
From Canada Food Guide on Healthy Eating

1. _____
2. _____
3. _____
4. _____
5. _____

Part C	5 marks	<i>Make a list of the benefits of healthy eating</i>
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1. _____

2. _____

3. _____

Part D	5 marks	<i>Comment on the long term impact on Canadian society if young people continue to eat poorly</i>
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