**Name:**

**Canada’s Food Guide**

1. The Canada Food Guide gives you information on the amount and types of food you should eat. What three things will this information help you with?
2. What are two tips for eating healthy from each of the four food groups?

Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

1. For your specific age and gender, what are the recommended servings from each food group?

4. Should people eliminate oils and fats from their diets completely? Why or Why not?