

Canada's Food Guide Questions

Discuss:

1. Name three foods in the guide that you have never heard of or have never eaten.
2. The Food Guide says that a balanced daily diet contains foods from four groups. What are the names of these groups?
3. If you do not drink milk, what does the guide suggest instead?
4. What are some of the meat alternatives?
5. The Food Guide gives information for which *nine* groups of people?
6. The Food Guide says that males begin to need more food than females around the age of ____.
7. According to the guide, a two-year-old child needs the same amount of servings from the group *Milk and Alternatives* as a forty-year-old adult. True or False?
8. What is the maximum number of recommended servings of grain products?

Browse the Food Guide:

9. What special advice is given to women of childbearing age? Why do you think pregnant and breastfeeding women need more calories than other people?
10. If your child has a small appetite, how can you make sure he or she is getting enough nutrients every day?
11. Giving your children junk food instead of healthy snacks is a *double whammy*. What do you think this means?
12. The guide recommends that people over 50 take a vitamin supplement. Which vitamin? From which food group do they require more daily servings?
13. Skim the rest of the Food Guide and find one piece of information or advice that we haven't yet discussed. Tell us about it.

