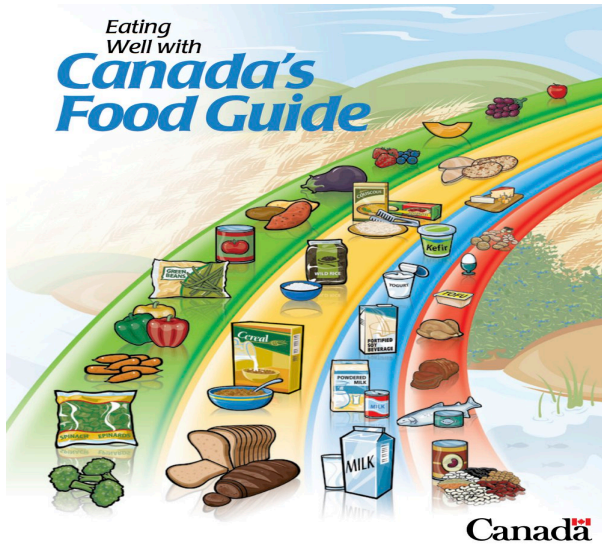
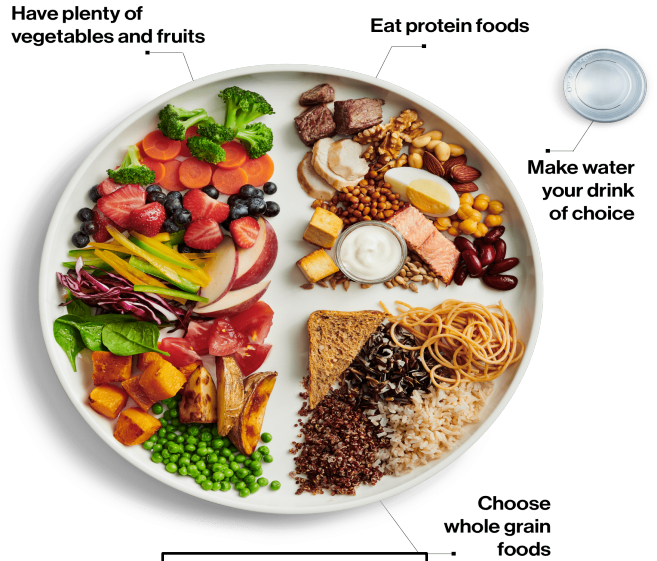


# Exploring Canada's Food Guide

A food guide is an important tool for all people to use when planning what to eat. When followed, it helps everyone get all the essential nutrients that the human body needs to be healthy. In 2019 the Government of Canada introduced a new Food Guide for all Canadians to use to model their healthy eating practices.

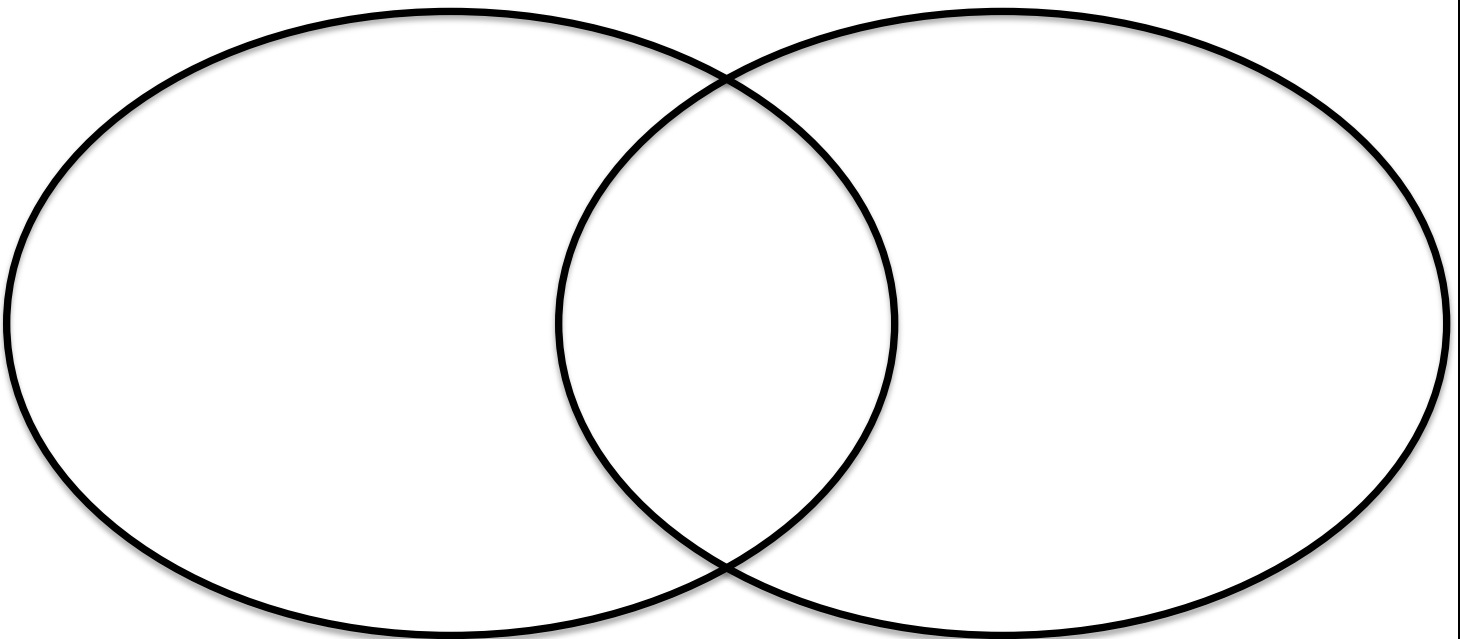


2007



2019

Compare the two visuals in the Venn diagram below:



Research some reasons to explain the why the Government changed the Food Guide:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Open the following link <https://food-guide.canada.ca/en/>

Here you will find Canada's new food guide.

The image includes 4 sections (List them):

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Scroll down and click on the ( 2 ). This will now be your " HOME " page.

[Click on " Be Mindful of Your Eating Habits "](#)

What should you be mindful of when eating?

How can being mindful of your eating habits help you be healthier?

[On the left-hand menu click on " Cook more often "](#)

Name a few benefits of cooking more often: \_\_\_\_\_  
\_\_\_\_\_

What is a ' big batch cook ' ?  
\_\_\_\_\_

What are some healthy options to have on hand? \_\_\_\_\_  
\_\_\_\_\_

Name the 6 different healthy cooking methods: \_\_\_\_\_  
\_\_\_\_\_

[On the left-hand menu click on " Enjoy your food "](#)

When making food choices they should reflect: \_\_\_\_\_  
\_\_\_\_\_

How can you create a positive environment when eating food? \_\_\_\_\_  
\_\_\_\_\_

[On the left-hand menu click on " Eat meals with others "](#)

What are some benefits of eating with others? \_\_\_\_\_  
\_\_\_\_\_

What is the key to making sure you eat with others more often? \_\_\_\_\_

How do children benefit from eating together as a family? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If seniors eat alone all the time, how do they tend to feel? \_\_\_\_\_

[On the left-hand menu click on " Use food labels "](#)

Name 3 benefits of using food labels:

- 1 ) \_\_\_\_\_
- 2 ) \_\_\_\_\_
- 3 ) \_\_\_\_\_



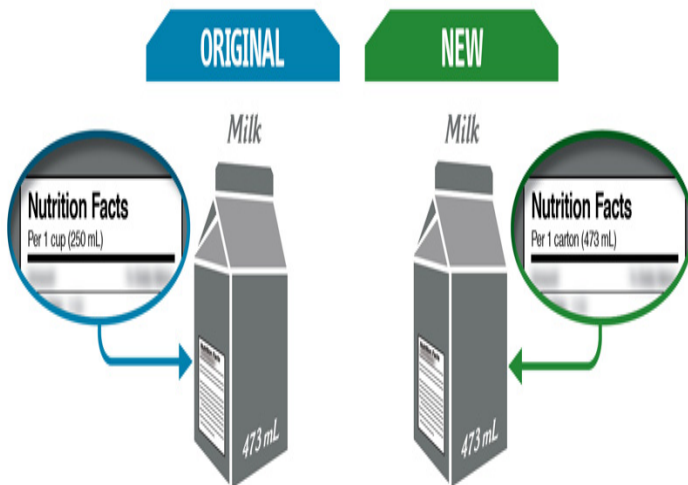
[Click on " Changes on Food Labels "](#)

What are the seven (7) NEW CHANGES to the Nutrition Facts Table?

- 1 ) \_\_\_\_\_
- 2 ) \_\_\_\_\_
- 3 ) \_\_\_\_\_
- 4 ) \_\_\_\_\_
- 5 ) \_\_\_\_\_
- 6 ) \_\_\_\_\_
- 7 ) \_\_\_\_\_

What are the seven (7) NEW CHANGES to List of Ingredients?

- 1 ) \_\_\_\_\_
- 2 ) \_\_\_\_\_
- 3 ) \_\_\_\_\_
- 4 ) \_\_\_\_\_
- 5 ) \_\_\_\_\_
- 6 ) \_\_\_\_\_
- 7 ) \_\_\_\_\_



What is the difference between the old and new single serve container information about serving size? Why is this important?

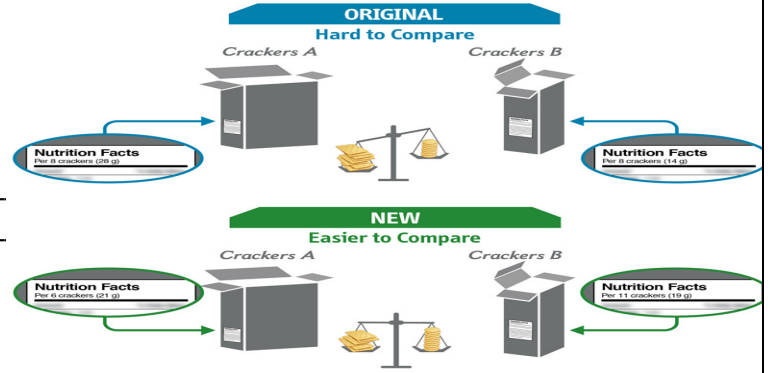
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the difference between the old and new “Foods that come in pieces” information about serving size? Why is this important?

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What are different names for sugar?

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[Click the 'back' arrow](#)

[On the left-hand menu click on “ Limit foods high in sodium, sugars or saturated fats ”](#)

What can a high sodium intake cause? \_\_\_\_\_

What can a high sugar intake increase a risk of? \_\_\_\_\_

[Click on HEALTHY FATS](#)

Instead of vegetable oil, what type of oils can you use instead?

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[Click the 'back' arrow](#)

Name 2 ways that you can make healthy choices: \_\_\_\_\_

[On the left-hand menu click on “ Make water your drink of choice”](#)

How can you add flavour to your water?

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What are other healthy drinks of choice?

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You should limit drinks that have too much:

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Congratulations! You have now explored Canada’s new FOOD GUIDE!