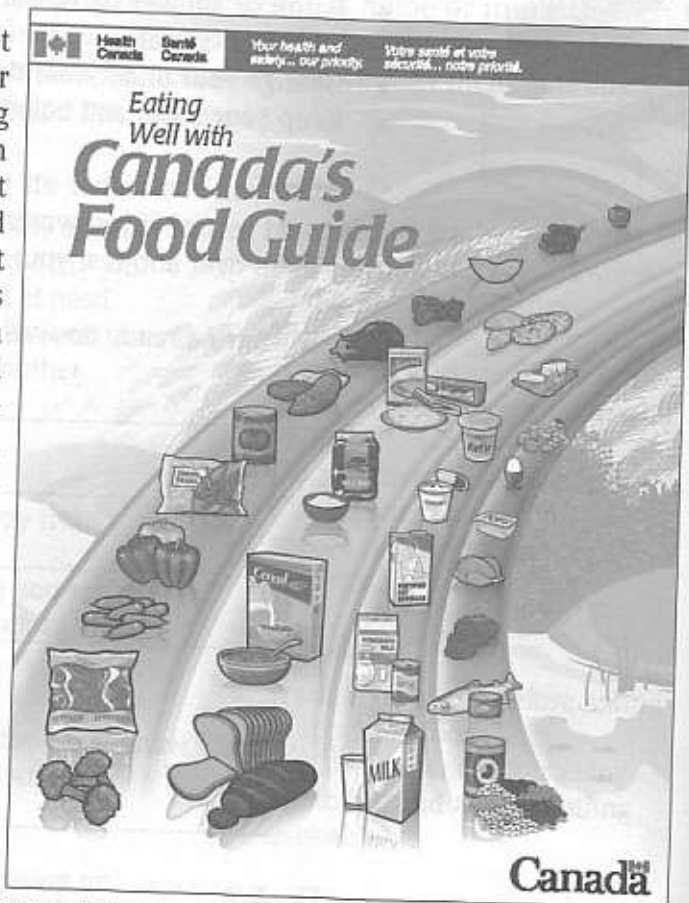


Good Food and Cooking

Have you ever seen Canada's Food Guide to Healthy Eating? The food guide helps you choose different kinds of food to eat so that your body gets enough of the good things it needs to grow as well as it can.

Ask your parents to let you choose some of your family's meals by using the food rainbow from Canada's Food Guide. It shows four types of food that you should eat every day. These groups are milk products; grain products; meat and alternatives; and vegetables and fruit. When you eat food from all four groups every day, you have a good balanced diet.

Look at the food chart, then list your favourite foods from each of the four groups.



Source: Eating Well With Canada's Food Guide (2007). Health Canada. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2008.

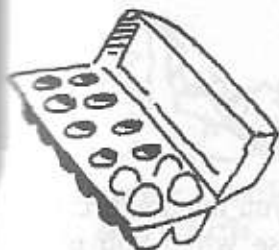
My favourite foods from each group are:

Milk products: _____

Grain products: _____

Meat and alternatives: _____

Vegetables and fruit: _____



And while you're at it, ask your parents to let you do some of the cooking, too. With your parents' help, you can cook lots of things. You can fry an egg, make a dessert, or just heat up something out of a can. Food that you've helped to cook tastes best. After cooking and eating, remember to help with the clean up. It's always easier if everyone shares the work.

These are my three favourite meals:



Here is my own special recipe:

