**HCE 9: Healthy Living Unit**

**My Canada Food Guide**

**Go to the website**: http://www.healthycanadians.gc.ca/eating-nutrition/food-guide-aliment/index-eng.php

You are going to find out what someone that your age/gender should be eating every day. Use the website to answer the following questions.

1. Input your data (gender and age)

2. How many servings of each of the following are recommended for someone your age?

* fruit/vegetables :
* Grain :
* Milk and Alternatives :
* Meat and Alternatives :

3. What are the three Food Guide recommendations on page 3?

* .

4. Choose examples of foods you like to eat.

5. What are the two Food Guide recommendations on page 5?

* .
* .

6. How much physical activity is recommended for someone your age? (page 7)

7. When you get to the last step it will ask you to view Pdf. Save this document to your computer and make sure you send it along with your answers in the email you send me!

8. **Create a meal plan**

You are going to design a meal plan (for a whole **week**) that incorporates all of the necessary food groups. In your meal plan include the type of meal, what is in it (ingredients), and how many servings of fruit/vegetables, meat, milk, and grains it contains.

*Example*  
Monday

Breakfast – cold cereal (1/2c) and milk (1/2 c) = 1 serving of grains and 1 serving of milk

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| Dinner |  |  |  |  |  |
| Snacks |  |  |  |  |  |