

# My Personal Guide to Healthy Eating

PRINT a copy of this document and fill in your answers.

NAME: \_\_\_\_\_

Activities 1 and 2 can be done on this document. Complete Activity 3 online and then print a copy of it.

Hand in this document and the one completed online to your teacher for marking.

## **Activity 1 – Determining how much and what type of food you should be eating each day**

Use the first link that takes you to the page titled *How much food you need every day* to find out what your daily food servings should be for each of the four food groups. Enter the information in the table below.

Your Age	
Your Gender	
Vegetables and Fruit	
Grain Products	
Milk and Alternatives	
Meat and Alternatives	

## Activity 2 – Learning what is meant by a food serving

Take a look at the examples for each of the four food groups.

### Vegetables and Fruit

- 125 mL ( $\frac{1}{2}$  cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

### Grain Products

- 1 slice (35 g) bread or  $\frac{1}{2}$  bagel (45 g)
- $\frac{1}{2}$  pita (35 g) or  $\frac{1}{2}$  tortilla (35 g)
- 125 mL ( $\frac{1}{2}$  cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL ( $\frac{3}{4}$  cup) hot cereal

### Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g ( $\frac{3}{4}$  cup) yogurt
- 50 g (1  $\frac{1}{2}$  oz.) cheese

### Meat and Alternatives

- 75 g (2  $\frac{1}{2}$  oz.)/125 mL ( $\frac{1}{2}$  cup) cooked fish, shellfish, poultry or lean meat
- 175 mL ( $\frac{3}{4}$  cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter



On the website, scroll down to the links for each of the food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.)

Click on each group and list **five foods** from each group that you like to eat as well as how much one serving consists of. Enter the information in the table below. The first one under Vegetables and Fruits is done for you as an example.

<b>Vegetables and Fruit</b>	<b>Foods I Like</b>	<b>How much is one serving?</b>
	Asparagus	125 mL, ½ cup, 6 spears
<b>Grain Products</b>	<b>Foods I Like</b>	<b>How much is one serving?</b>
<b>Milk and Alternatives</b>	<b>Foods I Like</b>	<b>How much is one serving?</b>
<b>Meat and Alternatives</b>	<b>Foods I Like</b>	<b>How much is one serving?</b>

### **Activity 3 – Building your personal food guide.**

Follow the instructions on the website to build your Personal Food Guide. When you are finished, SAVE a pdf copy of your Food Guide. Then, PRINT a copy of it when you are finished. You can also view your Food Guide as an HTML page and then share your page through email or social media! Cool!

HAND this document and the Personal Food Guide you completed online into your teacher for evaluation.

Feel free to explore any of the other links on the [Canada Food Guide to Healthy Living](#) page!