

# Healthy Eating

Using the information you have learned from the Canadian Health Guide, answer the following questions:

**What is One Food Guide Serving?**  
Look at the examples below.



*Kevin and Amos went for lunch together to a new foreign restaurant in Dalian. Both of them were very excited to try the special: Sandwiches and a Salad.*

*Analyze each of their meals, explaining how many serving they are getting from each of the food groups.*

Kevin had a peanut butter and banana sandwich with a side of chopped carrots and broccoli with a glass of milk.

**Ingredients:**

- 2 slices of whole wheat bread
- 1 cut banana
- 1/2 c. chopped carrots
- 1/2 c. chopped broccoli
- 250mL 1% milk

Fruits & vegetables:  Grains:

Milk & alternatives:  Meat & alternatives:

Is this a balanced meal? If so, why? If not, why and how could you make it balanced? \_\_\_\_\_

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Amos had a House Salad with a glass or orange juice.

**Ingredients:**

- 250mL lettuce
- 1/2 c. chopped carrots
- 1/2 c. chopped broccoli
- 1/2 c. green pepper
- 1 c. 100% Orange juice

Fruits & vegetables:  Grains:

Milk & alternatives:  Meat & alternatives:

Is this a balanced meal? If so, why? If not, why and how could you make it balanced? \_\_\_\_\_

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