



Our Healthy Placemat

Name: _____

Dear Parent/Caregiver:

Your child has been learning about healthy eating in class and has brought home a copy of **Eating Well with Canada's Food Guide** that shows the four food groups. Your child is encouraged to eat healthy servings from these food groups each day.

Draw a healthy meal that you enjoy at home. With the help of Eating Well with Canada's Food Guide, draw foods from each of the categories that your family eats.

