



Our Family Food Guide

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** (also found at http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html) which shows the four healthy food groups. He/she is encouraged to eat healthy servings from these food groups each day and recognize the benefits of these foods to his/her body.

Complete your own Food Guide with a family member. Draw the foods in the rainbow that your family eats into each of the four categories from Eating Well With Canada's Food Guide.

A large graphic of a rainbow with four empty sections for drawing. The rainbow is composed of four distinct, curved sections that meet at a flat top and bottom. Each section is currently blank, intended for the student to draw a food item from their family's diet into the appropriate category.

Vegetables and Fruit

Powerful-Body Foods

Grain Products

Energy Foods

Milk and Alternatives

Solid Bone-Building Foods

Meat and Alternatives

Muscle-Building Foods