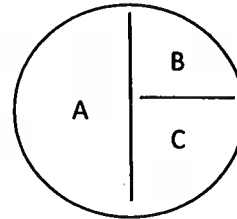


Appendix D: Food Guide Scavenger Hunt

Access the food guide by following this link: <https://food-guide.canada.ca/en/>

1. Look at the plate seen on the main screen for Canada's Food Guide. Name the three main categories seen on the plate:

- a. _____
- b. _____
- c. _____



2. List one food in each category pictured on the plate, and one food that could be in the category, but is not pictured.

- a. On the plate _____ Not on the plate _____
- b. On the plate _____ Not on the plate _____
- c. On the plate _____ Not on the plate _____

Look on page two of the snapshot on the main page, "Healthy eating is more than the foods you eat," to answer the following questions:

3. Click on the first box, "Be mindful of your eating habits." What does it mean to be mindful of your eating habits?

4. On the left side toolbar, click on "Take Time to Eat." Read this section and list one benefit of taking time to eat, and one way we can take time to eat.

Benefit: _____

How I can take time to eat: _____

5. Click on the "Cook more often" box. List three benefits of cooking more often.

- a. _____
- b. _____
- c. _____

6. Click on the "Enjoy your food" box. Read the "How to enjoy your food" section and list two ways that you already enjoy your food (for example: paying attention to taste, or eating with family).

- a. _____
- b. _____

7. Click on the "Eat meals with others" box. List three ways you may benefit from enjoying meals with others:

a. _____

b. _____

c. _____

8. Click on the "Use food labels" box. List two ways food labels can help us.

a. _____

b. _____

9. Click on the "Limit highly processed foods" box. Describe what are highly processed foods? And name 3 examples.

10. Click on the "Be aware of food marketing" box. Read the "Marketing can influence your food choices" page, and name the last food advertisement you can remember seeing or hearing (TV commercial, radio commercial, Facebook post, poster, sign at a restaurant, Logo on a vending machine).

11. Click on the Canada Food Guide logo in the top right corner to be taken back to the main screen. On the left side toolbar, click "Tips." Find the "Healthy Eating and the Environment section." Name 2 things you can do to Make environmentally-friendly choices

12. Click on the Canada Food Guide logo in the top right corner to be taken back to the main screen. On the left side toolbar, click "Recipes." Look through all the healthy and delicious recipes listed on the Recipe page, and choose one recipe you would be interested in making at home, or at school.

