

# A NUTRITIOUS WELL-BALANCED MEAL FOR A DAY!

Name: \_\_\_\_\_ Mark: /8

Imagine you are a dietician! Create a menu for an active young Grade 5 student for an average weekday. Be sure that each MEAL contains something from the 4 Food Groups and snacks are healthy! Follow the Canada Food Guide to be sure that your menu has met the required number of servings for each Food Group needed in a well-balanced diet for a day.

BREAKFAST:	FOOD GROUP:	# OF SERVINGS:
LUNCH:		
SUPPER:		
SNACKS:		

TOTAL # OF SERVINGS:

DAIRY \_\_\_\_\_ F & V \_\_\_\_\_ MEAT & A. \_\_\_\_\_ GRAINS \_\_\_\_\_