Interactive Nutrition Label Quiz

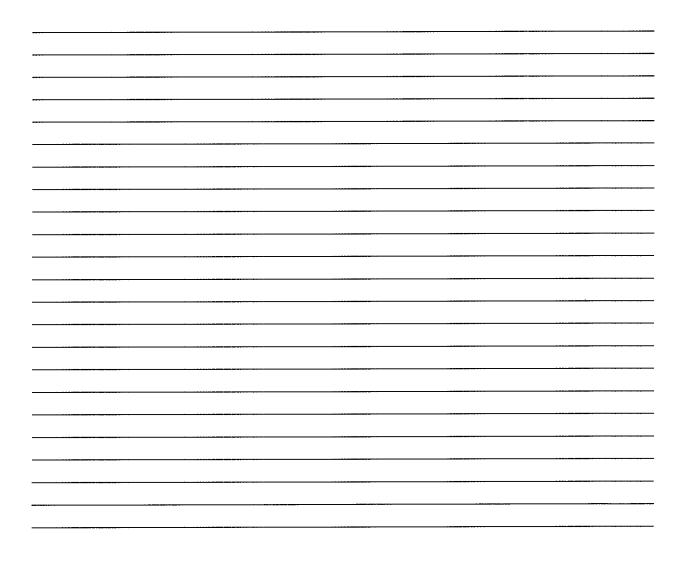
Name:

Go to the following website to participate in the Interactive Nutrition Label Quiz:

http://goo.gl/60qol3

Reflection

How did you do on the quiz? What did you learn from this quiz? What questions do you still have about nutrition labels? What would you like to learn about in regards to Maintaining A Healthy Body? Thinking about the foods that you regularly eat, how well do you follow Canada's Food Guide?



Maintaining a Healthy Body

What to Do

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What Not to Do

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