

# Food Search

Eating Well With Canada's Food Guide has four food groups.

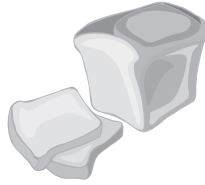
## Vegetables and Fruit

Broccoli Squash  
Mango Orange  
Apple Juice



## Grain Products

Bread Pasta  
Cereal  
Whole Grains  
Bagel



## Milk and Alternatives

Milk Yogurt  
Cheese  
Kefir



## Meat and Alternatives

Meat Fish  
Eggs Peanuts  
Beans



**E N P M K E F I R E J W**  
**B R E A D G O K L I M H**  
**A S A N Y G A P V A R O**  
**G Q N G I S P E M T Y L**  
**E U U O R A N G E O F E**  
**L A T F I S H F A O B G**  
**O S S D S P A S T A E R**  
**F H R O M T H E F C A A**  
**Y O G U R T O U I R N I**  
**F C H E E S E U O O S N**  
**L A E R E C J D G R O S**  
**U P S ! B R O C C O L I**

### Instructions

Circle the foods from each food group.

Read the remaining letters from left to right to reveal a key message from Canada's Food Guide.

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 \_\_\_\_\_/  
 \_\_\_\_\_/  
 \_\_\_\_\_/  
 \_\_\_\_\_!

Answer: Enjoy a variety of foods from the four food groups!

# Teaching Children About Eating Well With Canada's Food Guide

## Food Search

Intended Audience: Children in Grades 2–4 (ages 7–10)

- Outcomes:
1. Children will learn the names of some foods from each group.
  2. Children will find the names of the foods in the word search.

Notes:

Not all plant foods belong to the Vegetables and Fruit food group in Eating Well with Canada's Food Guide. Some plant foods are classified as Meat and Alternatives or Grain Products. For example, dried beans such as kidney beans and white beans belong to the Meat and Alternatives food group rather than the Vegetables and Fruit food group. (For further explanation, please read Eating Well with Canada's Food Guide: A Resource for Educators and Communicators—Meat and Alternatives, pg. 22)