

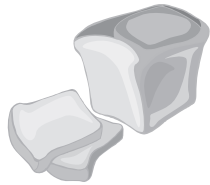
# Food Search

Eating Well With Canada's Food Guide has four food groups.  
We need to eat foods from each group every day.

Circle the foods from each food group.

## Vegetables and Fruit

Broccoli Squash  
Mango Orange  
Apple Juice



## Grain Products

Bread Pasta  
Rice Cereal  
Muffin Bagel



## Milk and Alternatives

Milk Yogourt  
Cheese



## Meat and Alternatives

Meat Fish  
Eggs Peanuts  
Beans



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

# Teaching Children about Canada's Food Guide to Healthy Eating

## 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 Canada's Food Guide to healthy Eating. 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 Food Guide Facts: Background Information for Educators and Communicators - fact sheet #3 "Importance of Variety in Healthy Eating.")