Food Search

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

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.


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 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

Region of Peel
Working for you
Public Health
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)