COMPLETE THE MEAL

How to get started

- 1. Look at the name and picture of each meal.
- 2. Now look at each of the *Canada's Food Guide* categories in the second column (vegetables and fruits, whole grain foods, and protein foods) along with sauces and sides.
 - A. If the meal has a food from a category, put a checkmark next to the category.
 - B. Write the name of the foods that belong to each category in the space provided.
- 3. If any category is missing from the meal, write the name of a food you would add to complete the meal in the space below.

Example Meal: Grilled cheese and water



VEGETABLES AND FRUITS

WHOLE GRAIN FOODS

PROTEIN FOODS

SAUCES AND SIDES

4

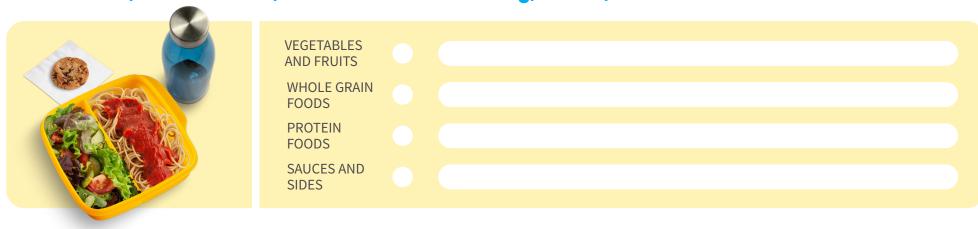
bread

cheese

To complete this meal, I would add: sliced pepper and dip

COMPLETE THE MEAL

Meal 1: Pasta, tomato sauce, salad with salad dressing, cookie, and water



To complete this meal, I would add: _

Meal 2: Moose stew, carrot sticks, and milk

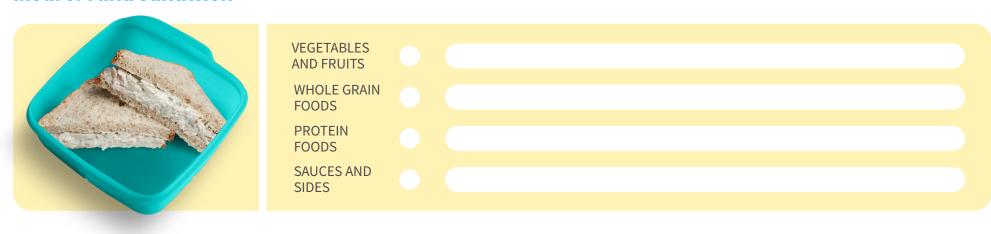


VEGETABLES AND FRUITS	
WHOLE GRAIN FOODS	
PROTEIN FOODS	
SAUCES AND SIDES	

To complete this meal, I would add: _

COMPLETE THE MEAL

Meal 3: Tuna sandwich



To complete this meal, I would add: