

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



bread

PROTEIN
FOODS



cheese

SAUCES AND
SIDES



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



VEGETABLES AND FRUITS

WHOLE GRAIN FOODS

PROTEIN FOODS

SAUCES AND SIDES

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



VEGETABLES
AND FRUITS

WHOLE GRAIN
FOODS

PROTEIN
FOODS

SAUCES AND
SIDES

To complete this meal, I would add: _____