

Name _____

Date _____

Reading Setting Activity

1) Look up 4 activities that deal with healthy eating. List them below:

1)

2)

3)

4)

5)

2) Find the Canada Food Guide and list the different sections of the guide below:

3) Go to this website:
http://www.healthcanada.ca/english/topics/healthy_eating/ and
give a summary for the day.

4) What did you learn by doing this activity?
