

Name: _____

Date: _____

Reading: Reading Activity

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

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22. Find the Canada Food Guide and list the different sections of the guide below.

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

24. What did you learn by doing this activity?
