

# COMPLETE THE MEAL

Name: \_\_\_\_\_

## 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



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

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## 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: \_\_\_\_\_