

# CANADA'S FOOD GUIDE: TRACKING A RAINBOW

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How do we know what we should eat each day? Canada's Food Guide guides people to eat colourful, flavourful and wholesome food every day. The Food Guide is based on science and it tells us to be sure to eat food from three food groups to get the different nutrition our body needs to grow and stay healthy. Let's take a look at Canada's Food Guide and then we'll use our Food Journal to track the colours of the rainbow we eat in a week.

## ACTIVITY INSTRUCTIONS

### #1 COUNT YOUR FRUITS & VEGGIES

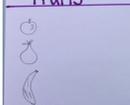
To examine what you are eating, keep track of the fruits and vegetables that you munch on at the different times of day.

Fruits	Vegetables

Draw a simple t-chart in your Food Journal. Print a heading for the top of each column: **FRUIT** and **VEGETABLES**

Fruit	Vegetables
- tomatoes - zucchini	- spinach - green onion

Each time you eat a fruit or veggie, write it down, even if it's a little bit of one.

Fruits	Vegetables
	

Write down the fruits and veggies when you eat them or sit down at a certain time of day, think back to what you ate, and write them down. Can't write them down? Draw them!

### #2 ADD THEM UP

At the end of the week, check your list to see how you've done. Count up how many different fruits and vegetables you have eaten and write the numbers at the bottom of your chart.

Fruits	Vegetables
- tomatoes - zucchini - banana - blueberries - apple - orange - pear - strawberries - cucumber	- collard greens - kale - spinach - radish - onion - garlic - squash - lettuce - carrots
9	9

### #3 ADD COLOUR

Did you eat a rainbow of fruits and veggies? At the bottom of your chart, draw little circles and colour inside the circles with the different colours you ate that week.

Fruits	Vegetables
- tomatoes - zucchini - banana - blueberries - apple - orange - pear - strawberries - cucumber	- collard greens - kale - spinach - radish - onion - garlic - squash - lettuce - carrots
9	9



### #4 FIND YOUR RAINBOW

Could you add a few more colours to your food rainbow next week? Talk to an adult about trying to pick up some different coloured fruit and vegetables next week. Then try the activity again. You'll be eating a rainbow before you know it!

