**W11 – Healthy Eating**

**Canada’s Food Guide “Build It” Relay Race**

**Prep:** Cut Canada’s Food Guide into corresponding parts & laminate onto cardstock for future durability. [Get your copy of Canada's Food Guide here!](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

**Relay Race:** Run a relay race (obstacle course or not...completely up to you) to find “puzzle pieces” to rebuild Canada’s Food Guide as a team in order to be able to answer the following questions in no particular order.

**Uses:** Could be used as pre-assessment, to create personal Canada Food Guide notes, or as formative assessment.

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**Canada’s Food Guide “Build It” Relay Race**

Complete the following information after gathering your “puzzle pieces” from the relay race to rebuild Canada’s Food Guide:

1. Recommended Number of Servings of Fruits & vegetables for a teenager
2. Recommended Number of Servings of Grain Products for a teenager
3. Recommended Number of Servings of Milk & Alternatives for a teenager
4. Recommended Number of Servings of Meat & Alternatives for a teenager
5. Five (5) examples of a Meat Alternative
6. Four (4) examples of a Milk Alternative
7. Two (2) recommended Serving Sizes for Fruits & Vegetables
8. Five (5) recommended Serving Sizes for Grain Products
9. Four (4) recommended Serving Sizes for Milk & Alternatives
10. Five (5) recommended Serving Sizes for Meat & Alternatives
11. Water recommendation
12. Oils & Fats recommendation
13. Three (3) Fruits & Vegetable recommendations
14. Two (2) Grain Products recommendations
15. Two (2) Milk & Milk Alternatives recommendations
16. Three (3) Meat & Meat Alternatives recommendations
17. Recommendations for Children
18. Recommendations for Women of Childbearing Age
19. Recommendation for Men & Women over 50yrs
20. List six (6) benefits of eating well & being physically active
21. Physical Activity recommendation for children and youth
22. Trans fat recommendation