

# CANADA'S FOOD GUIDE: CRACK THE SECRET CODE!

Be a detective and use the code at the right to complete each line below:

Eat a   V     A     R     I     E     T     Y   of foods!



Canada's Food Guide divides foods into four main groups:

- **F** \_\_\_\_\_ and Vegetables



- **G** \_\_\_\_\_ products



- **M** \_\_\_\_\_ and alternatives




























- **M** \_\_\_\_\_ and alternatives



It's important you fill your plate with all the food groups!!

# CODE

A = 	N = 
B = 	O = 
C = 	P = 
D = 	Q = 
E = 	R = 
F = 	S = 
G = 	T = 
H = 	U = 
I = 	V = 
J = 	W = 
K = 	X = 
L = 	Y = 
M = 	Z = 