Combination Foods Challenge!

Objective of Activity
To have students make a recipe for each of the combination foods listed below.

Teacher Background Information
- Canada’s Food Guide
  https://food-guide.canada.ca/en/

Material Required
- Poster board, construction paper, pencil crayons, glue, etc.; or
- Computers to create a PowerPoint with slides.

Instructions
Student recipes must include vegetables and fruits, whole grain foods, and protein foods.

Example: Combination food: Pizza
Vegetables and fruits: 250 mL (1 cup) of pineapple, peppers, mushrooms
Whole grain foods: 1 whole wheat pita
Protein foods: 50 grams (1 ½ oz) cheese, 125 mL (½ cup) diced chicken

<table>
<thead>
<tr>
<th>Combination Food</th>
<th>Recipe must contain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza</td>
<td>Vegetables and fruits, Whole grain foods, Protein foods</td>
</tr>
<tr>
<td>Sub</td>
<td>Vegetables and fruits, Whole grain foods, Protein foods</td>
</tr>
<tr>
<td>Soup</td>
<td>Vegetables and fruits, Whole grain foods, Protein foods</td>
</tr>
<tr>
<td>You choose the combination food.</td>
<td>Vegetables and fruits, Whole grain foods, Protein foods</td>
</tr>
</tbody>
</table>