

My Healthy Foods Placemat

Curriculum Based Lesson Plans: K-3

Objective of Activity

To have students review the foods from Canada's food guide.

Teacher Background Information

- Canada's food guide
www.canada.ca/FoodGuide

Material Required

- Heavy stock legal-sized paper
- Pencils, markers
- Access to a laminator

Instructions

1. Ask the students to think of their favourite foods from Canada's food guide.
2. Distribute a sheet of paper to each student.
3. Have students draw and colour some of their favourite foods.
4. Be sure the student's name is on their picture.
5. Laminate the pictures and use them as personal place mats for snack time.



Essential partners
in health

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