My Healthy Foods Placemat

Objective of Activity
To have students review the foods from Canada’s Food Guide.

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

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

Instructions
1. Ask the students to think of their favourite healthy foods.
2. Remind students to select foods that fit into the food guide.
3. Distribute a sheet of paper to each student.
4. Have students draw and colour some of their favourite foods.
5. Be sure the student’s name is on their picture.
6. Laminate the pictures and use them as personal place mats for snack time.