Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meal Planning**

Create meals and snacks for the day that show a good variety of food and covers what is needed to follow the Canada Food Guide. Don’t forget to include things to drink as well. Get creative!!

child? 2-3 years old, 4-8 years old, 9-13 years old Fruits & veggies

Teen? Female, male Grain products

Adult? 19-50 female, 19-50 male, 51+ female, 51+ male Milk and alternatives

Meat and alternatives

Water

|  |  |
| --- | --- |
| **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **snack** |  |