**Internet Search**

Names:

1. Find the Health Canada Website for Canada’s food guide. Paste the link below.

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1. What key words did you use?

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| 1. |
| 2. |
| 3. |
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1. What are the four food groups?

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1. How many servings of each food group does someone your age need?

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| --- | --- |
| Food Group | Serving |
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1. List 3 examples from each food group and how much a serving is

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| Food Group | Examples | Serving size |
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Extra Information: