



Task Title: Using Canada's Food Guide

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: Read Canada's Food Guide to learn about healthy eating and cooking habits.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.1
- Use Digital Technology/D.1

Materials Required:

- Pen/pencil and paper
- Computer or digital device

Learner Information

Understanding Canada's Food Guide can help keep each of us strong and healthy. Canada's Food Guide is also used in many jobs where food preparation is required. This may include positions in food services, hospitality, healthcare or childcare.

Copy and paste this address into the computer's browser and scan the Canada's Food Guide Snapshot:

<https://food-guide.canada.ca/en/food-guide-snapshot/>

Work Sheet

Task 1: Name three types of foods identified on the healthy plate.

Answer:

Task 2: List five additional ways to achieve healthy eating.

Answer:

Task 3: Click on "cook more often". What are two ways cooking more often can support healthy eating habits?

Answer:

Task 4: Explain what it means if you become a big batch cook.

Answer:

Task 5: Describe a meal you make that you could "cook once and eat twice".

Answer:
