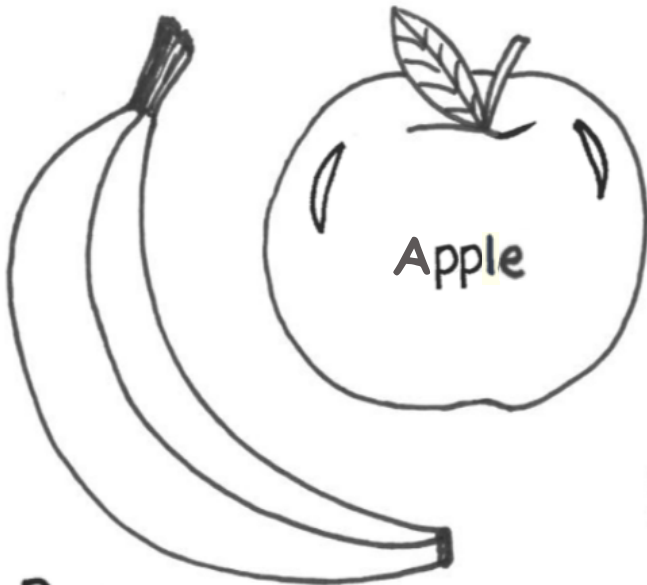




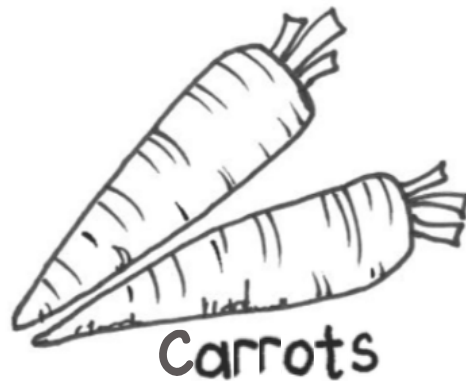
Make a Healthy Plate

SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

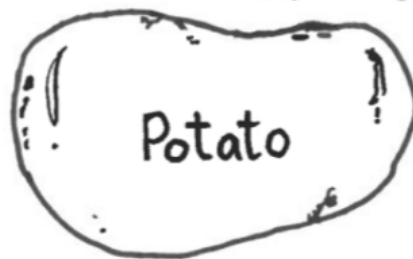
Colour your favourite healthy food and drink pictures.
Using scissors, carefully cut out the pictures. Glue them on the
'Canada's Food Guide Eat Well Plate' to make a healthy meal. Yum!



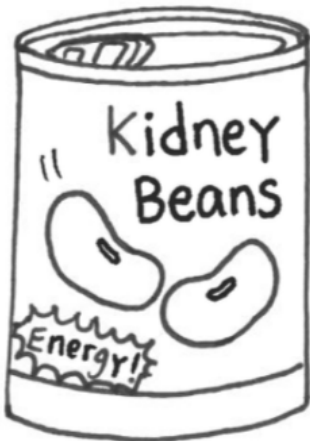
Banana



Carrots



Potato



Kidney Beans



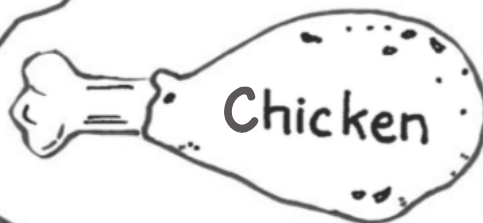
Eggs



Peas



Milk



Chicken



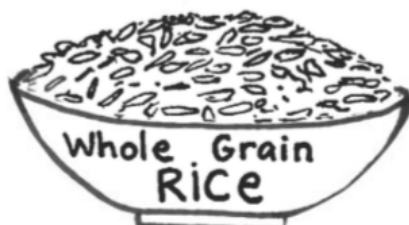
Nuts



Water



Whole Grain Bread



Whole Grain Rice



Whole Grain Pasta



Cereal



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Canada's Food Guide

Eat Well Plate

Vegetables
and fruit

Protein
foods

Whole
grain foods

Don't forget
about water!

