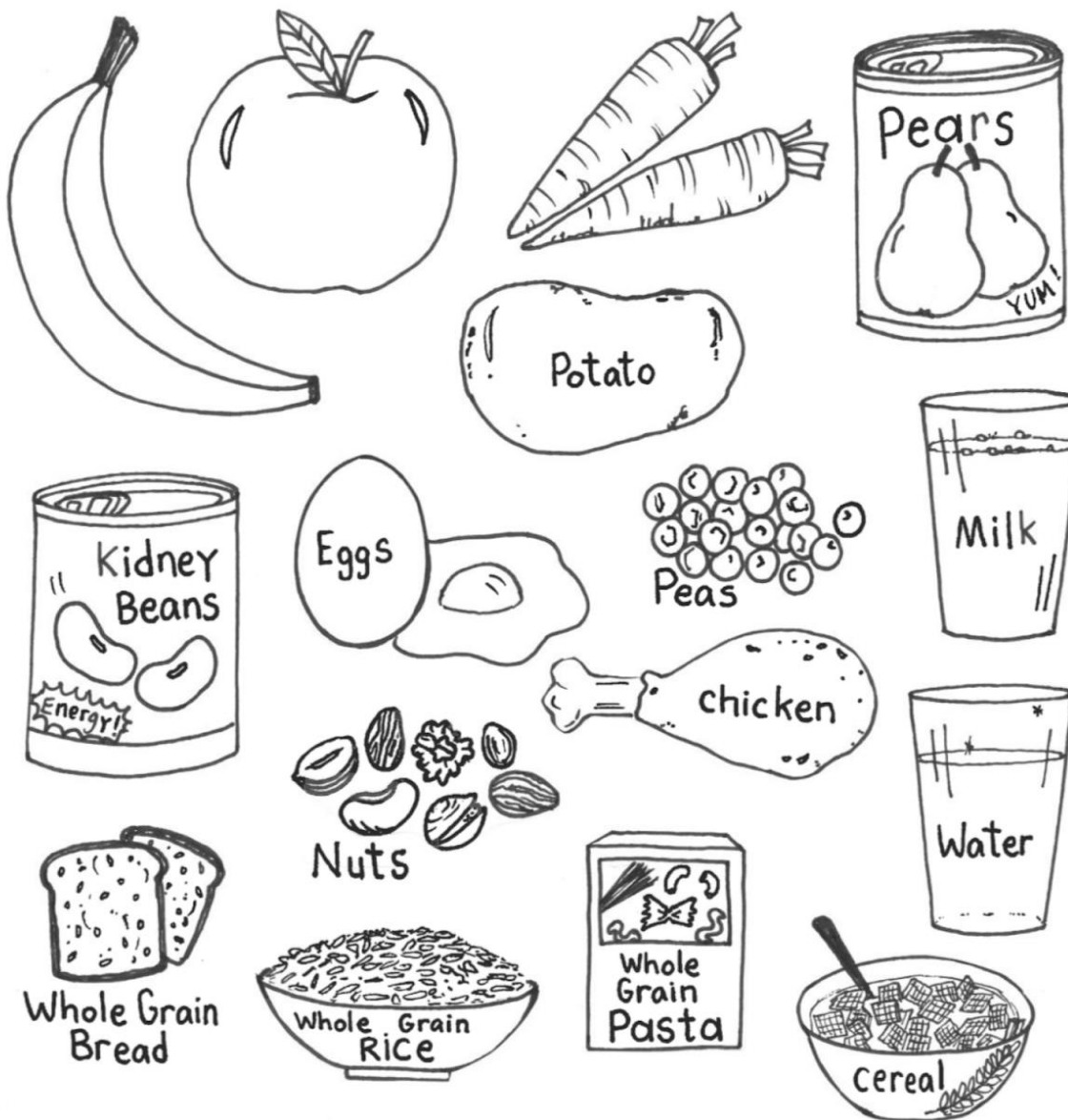




SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Make a Plate

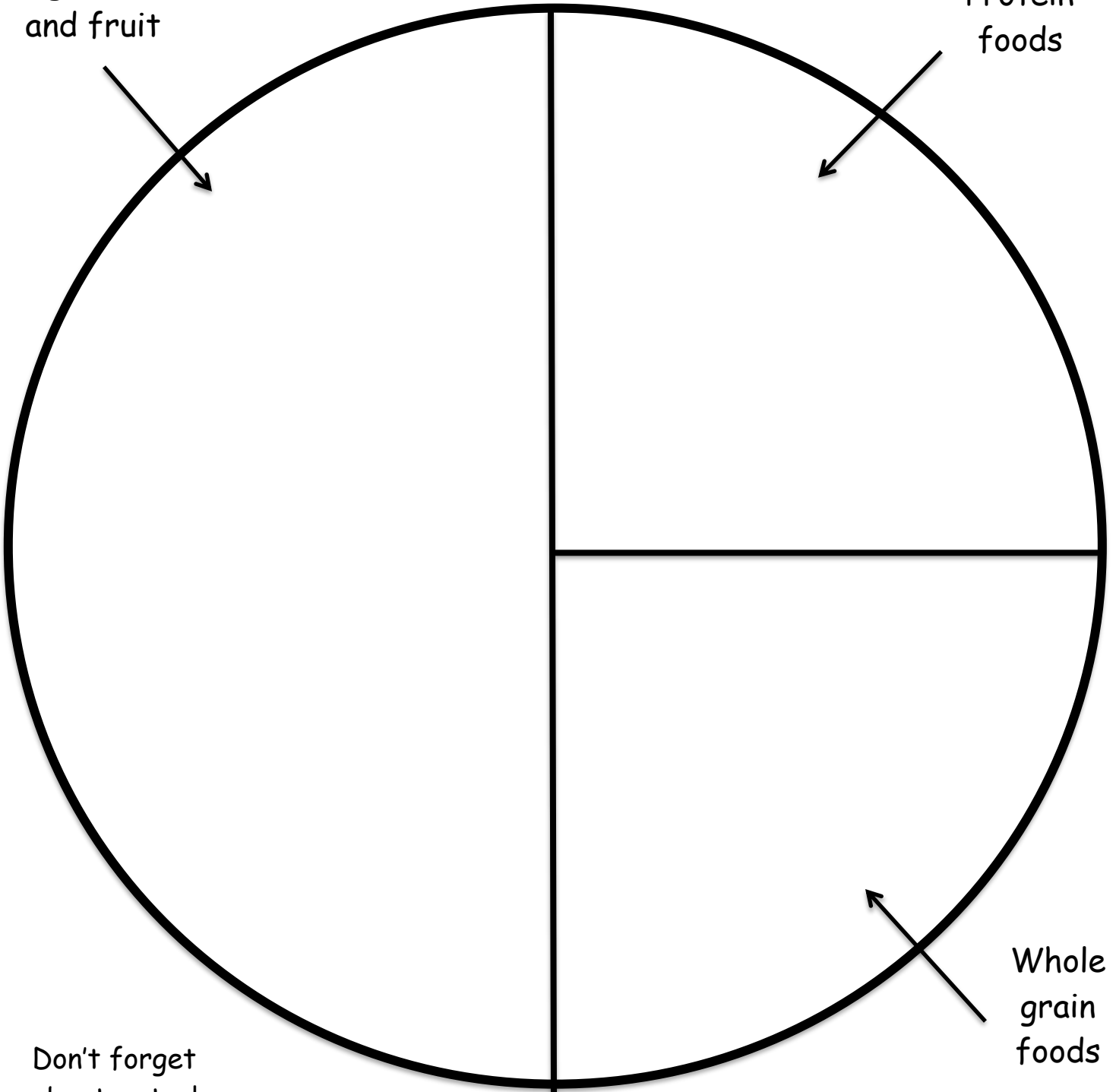
Colour and cut out the pictures of food and drinks on this page.
Glue the pictures on the Canada's Food Guide Eat Well Plate on
page 2.



Canada's Food Guide Eat Well Plate

Vegetables
and fruit

Protein
foods



Don't forget
about water!

Whole
grain
foods