Appendix C

**True or False: How Much Do You Know?** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Canada’s Food Guide**

|  |  |
| --- | --- |
|  | 1. According to Canada’s Food Guide, teens should have 4 servings of milk/day.
 |
|  | 1. According to Canada’s Food Guide teens should have 7/8 servings of fruit and vegetables
 |
|  | 1. According to Canada’s Food Guide, teens should have 1 serving of meat or alternative
 |
|  | 1. A serving of protein is equivalent to one egg
 |
|  | 1. Food that is considered “light” on a label my still be high in calories and even higher in sodium compared to the “regular” type.
 |
|  | 1. Kidney beans and tofu are two examples of an “alternative” meat
 |
|  | 1. A typical commercial bagel is considered to be 3 Grain servings.
 |
|  | 1. You should eat at least one dark green and one yellow vegetable each day.
 |
|  | 1. Broiling or baking is a healthier cooking method than Frying.
 |
|  | 1. You should eat vegetables and fruit more often than juice.
 |
|  | 1. One cup of orange juice is considered to be 2 servings of fruit according to Canada’s Food Guide
 |
|  | 1. When making informed decisions about food choices you should always

read labels to compare nutrition facts AND read packaging to see the ingredient list |
|  | 1. You should use the % Daily Value to see if a food has a little or a lot of a nutrient.
 |
|  | 1. If a label says there is 5% or less of your daily value of an ingredient (DV) that means it is a little.
 |
|  | 1. If a label says there is 20 % of your daily value or more, it is considered a lot.
 |
|  | 1. You should include 1 table spoon of unsaturated fat in your daily diet
 |
|  | 1. You should aim to eat 2 food guide servings of fish each week
 |

True or False How Much Do You Know? ANSWER SHEET

Canada’s Food Guide

|  |  |  |
| --- | --- | --- |
| F |  | 1. According to Canada’s Food Guide, teens should have 4 servings of milk/day.
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