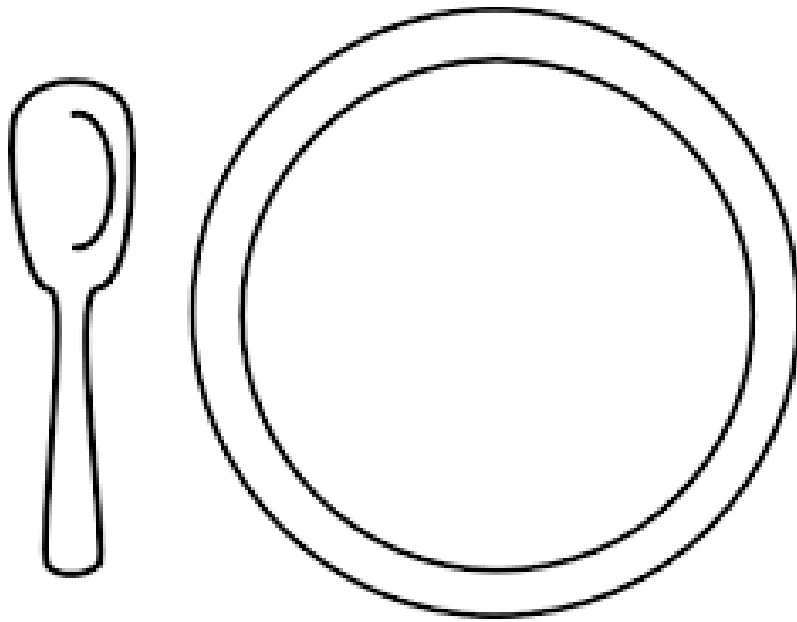
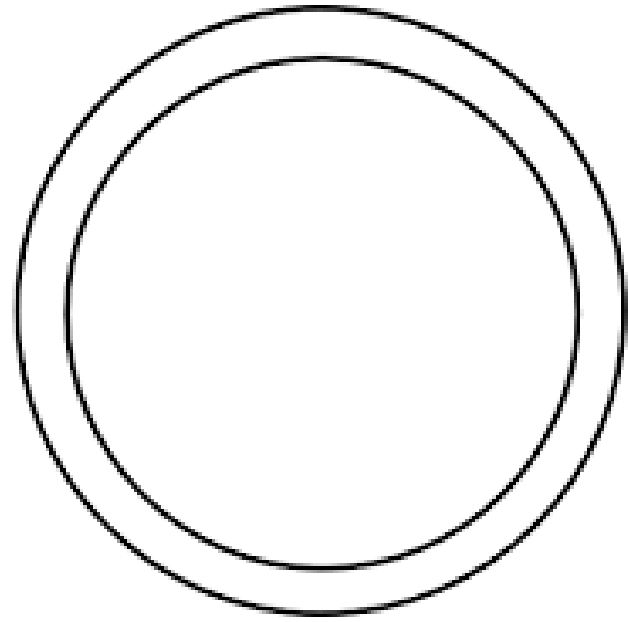
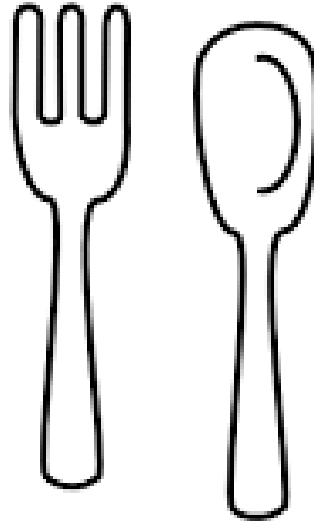


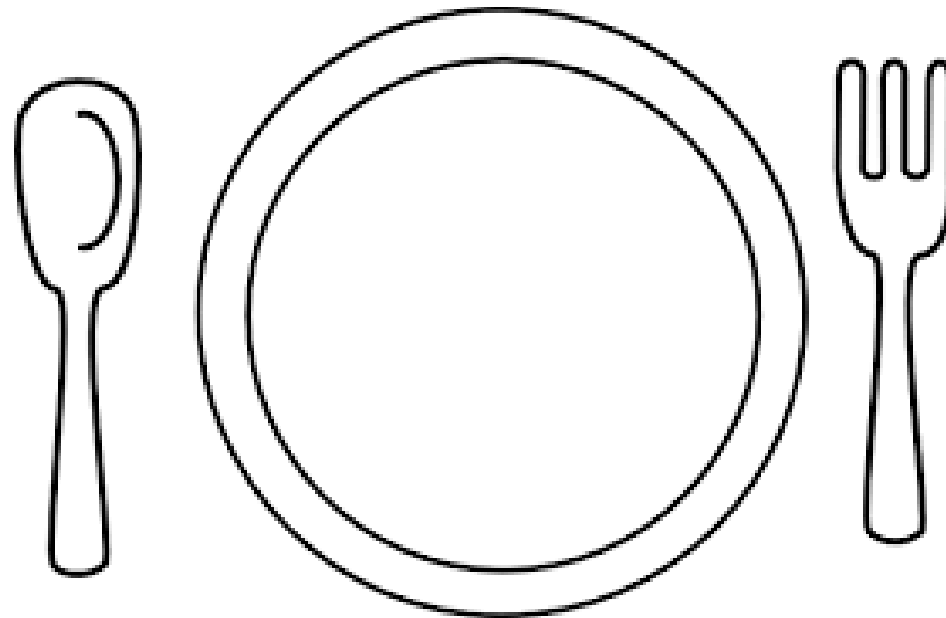
## A Typical Day of the Week



**Breakfast**



**Lunch**



**Dinner**

## **A Typical Day of the Week**

- 1. How does your plate compare to the Recommended plate for the Canada Food Guide?**
- 2. In which ways could you improve your eating habits?**
- 3. What questions do you still have about the recommended eating habits? Where could you go to get this information?**