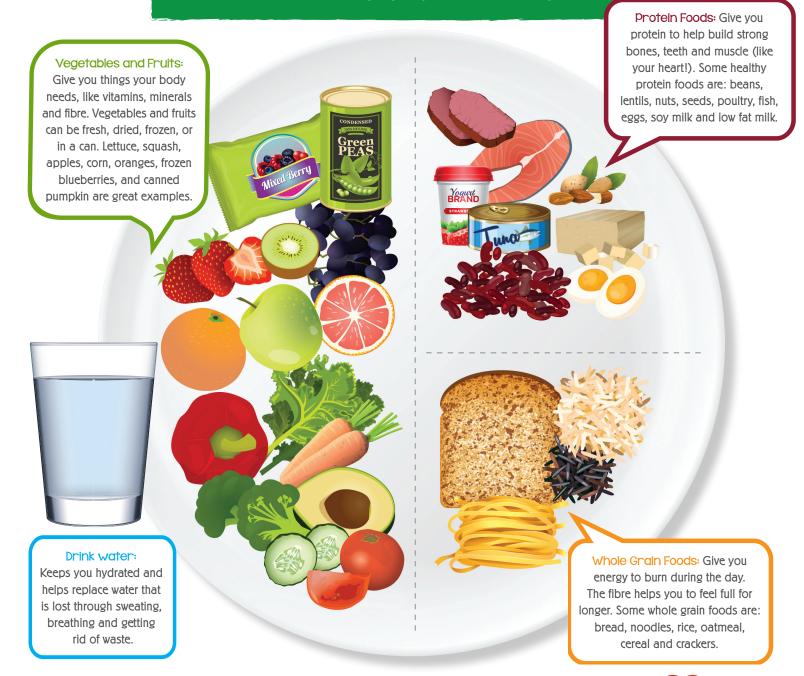
Hearismart Kids

Exploring Healthy Foods

Food is the fuel you need to move and be healthy. When you make good food choices, your body feels good, because it gets the fuel and nutrients it needs. Explore the different food choices below to learn how they keep your body healthy.

But with so many foods to choose from, how do you know what are the best choices? Canada's Food Guide helps people make the right choices.



Heartsmart Kids

What foods did you explore and learn about?

Use flyers or print pictures to paste or draw the foods you would like to explore below.

Here are some examples of the word for food in Indigenous languages:

Mi'kmaq: Mijipjewey Atikamekw: Mitcim Cree: Miciwin

