



# SOARING IN SPACE WITH CANADA'S FOOD GUIDE



NAME: \_\_\_\_\_

## ACTIVITY 1 WORKSHEET: NAVIGATING CANADA'S FOOD GUIDE

Astronauts on the International Space Station (ISS) need to be healthy and energized in order to perform scientific experiments and duties on the ISS.

Navigate Canada's Food Guide and answer the corresponding questions.

Access the Canada Food Guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

1. Looking at the healthy plate, how many different vegetables and fruits can you identify? What other types of vegetables and fruits can you think of?

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2. a. In your opinion, why does the healthy plate consist of 50% vegetables and fruits?

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- b. What are some examples of important nutrients that vegetables and fruits can have?

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3. Eating fibre-rich whole grain foods can help lower your risk of diseases such as \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

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4. You are cooking chicken and a bean salad for your family and friends. Describe different preparation methods and flavour techniques you can use to make it healthy.

5. Describe a meal containing plant protein that you could make for dinner and explain why eating protein is healthy.

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6. What is the difference between a healthy fat and a saturated fat? List three foods high in saturated fats that you could limit.

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7. What are the benefits of taking time to eat?

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8. Create one healthy eating goal that you could achieve today.

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