

Combination Foods Challenge!

Objective of Activity

To have students make a recipe for each of the combination foods listed below.

Teacher Background Information

- Canada's Food Guide
<https://food-guide.canada.ca/en/>

Material Required

- Poster board, construction paper, pencil crayons, glue, etc.; or
- Computers to create a PowerPoint with slides.

Instructions

Student recipes must include vegetables and fruits, whole grain foods, and protein foods.

Example: Combination food: Pizza

Vegetables and fruits: 250 mL (1 cup) of pineapple, peppers, mushrooms

Whole grain foods: 1 whole wheat pita

Protein foods: 50 grams (1 ½ oz) cheese, 125 mL (½ cup) diced chicken

| Combination Food | Recipe must contain |
|----------------------------------|---|
| Pizza | Vegetables and fruits Whole grain foods Protein foods |
| Sub | Vegetables and fruits Whole grain foods Protein foods |
| Soup | Vegetables and fruits Whole grain foods Protein foods |
| You choose the combination food. | Vegetables and fruits Whole grain foods Protein foods |

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