

# Grade 1: Food Transformers



Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025

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# Let's Look!



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# Fresh Cranberries





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# Cooked Cranberries



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# Canned Cranberries



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# Frozen Cranberries



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# Dried Cranberries





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# Let's Look!





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# Fresh Peaches



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# Cooked Peaches



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# Canned Peaches



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# Frozen Peaches





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# Dried Peaches



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# Now You Try!



# Milk



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# Fresh Milk





# Milk



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# Cooked Milk



# Milk



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# Canned Milk





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# Milk



---

# Frozen Milk



# Milk



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# Dried Milk



1 kg

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