

# My Healthy Foods Placemat

Curriculum Based Lesson Plans: K-3

## Objective of Activity

To have students review the foods from Canada's Food Guide.

## Teacher Background Information

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

## Material Required

- Heavy stock legal-sized paper
- Pencils, markers
- Access to a laminator

## Instructions

1. Ask the students to think of their favourite healthy foods.
2. Remind students to select foods that fit into the food guide.
3. Distribute a sheet of paper to each student.
4. Have students draw and colour some of their favourite foods.
5. Be sure the student's name is on their picture.
6. Laminate the pictures and use them as personal place mats for snack time.

These materials are intended for general information only and are provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. Alberta Health Services is not liable in any way for actions based on the use of this information. Licensed under the Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License. Contact [NutritionResources@ahs.ca](mailto:NutritionResources@ahs.ca) © Alberta Health Services (Feb 2019)

