

RM 1–NU: Food Guide Servings Analyzer

Name _____ Class _____ Date _____

Directions/Description

Assume the menu items listed on the following page represent a day's food intake for someone your age. Using *Eating Well with Canada's Food Guide* (Health Canada) as your guide, complete the following steps:

- Indicate the number of Food Guide Servings and the food group(s) each menu item represents. Some menu items have partial servings (e.g., 1.5). To indicate what the size of a serving looks like, some items are compared to common objects (e.g., tennis ball).
- Place an asterisk (*) in the Foods to Limit column when a food contains added high fat or high sugar components (e.g., salad dressing).
- Calculate the total number of Food Guide Servings consumed from each food group.
- Enter the number of Food Guide Servings that males and females between the ages of 14 and 18 require from each of the four food groups.
- Answer the questions at the bottom of the page.

Continued

RM 1–NU: Food Guide Servings Analyzer *(Continued)*

Name _____ Class _____ Date _____

Menu	Food Groups				Foods to Limit
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	
Breakfast					
2 cups/500 mL bran flakes (approx. 60 g, as per package) with 1 small banana					
1 cup/250 mL 2% milk					
Coffee and 1 tsp./5 mL sugar					
Morning Snack					
Bag of chips					
Lunch					
Whole-wheat bagel (2 hockey pucks)					
2 tbsp./30 mL hummus (1 Ping Pong ball)					
Veggies (baby carrots and bell pepper strips) (2 light bulbs)					
¾ cup/175 g yogurt					
Afternoon Snack					
Pear (1 tennis ball)					
Chocolate bar					
Dinner/Supper					
2 cups/500 mL beef stew (beef, potatoes, carrots)					
Spinach salad (fist), salad dressing (1 tbsp./15 mL), and whole-wheat dinner roll					
1 tsp./5 mL margarine (thumb-tip)					
Cake					
Café au lait (½ cup/125 mL 2% milk)					
Total					
<p>What foods could this individual add to meet the recommended Food Guide Servings in the food group(s)? Choose one food group to improve: _____</p> <p>Suggest foods that could be added, and when: _____</p>					

Continued

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(Answer Key)

Menu	Food Groups				Foods to Limit
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	
Breakfast					
2 cups/500 mL bran flakes (approx. 60 g, as per package) with 1 small banana	1	2			
1 cup/250 mL 2% milk			1		
Coffee and 1 tsp./5 mL sugar					*
Morning Snack					
Bag of chips					*
Lunch					
Whole-wheat bagel (2 hockey pucks)		2			
2 tbsp/30 mL hummus (1 Ping Pong ball)				1	
Veggies (baby carrots and bell pepper strips) (2 light bulbs)	2				
¾ cup/175 g yogurt			1		
Afternoon Snack					
Pear (1 tennis ball)	1				
Chocolate bar					*
Dinner/Supper					
2 cups/500 mL beef stew (beef, potatoes, carrots)	1			1	
Spinach salad (fist), salad dressing (1 tbsp./15 mL), and whole-wheat dinner roll	1	2			*
1 tsp./5 mL margarine (thumb-tip)					*
Cake					*
Café au lait (½ cup/125 mL 2% milk)			0.5		*
Total	6.0	6	2.5	2	7 *
Recommended number of Food Guide Servings per day for males and females (14 to 18 years of age)	M: 8 F: 7	M: 7 F: 6	M: 3 – 4 F: 3 – 4	M: 3 F: 2	

