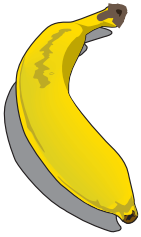


Redesign Mary's Meals!



Look at the foods in the left-hand column that Mary has chosen for lunch and dinner. Can you think of better foods she could eat that would follow Canada's Food Guide to Healthy Eating? Write your menu for Mary in the right-hand column!



... Mary's Choices ...

... Your Menu ...

Lunch

Lunch

- Hamburger
- 20 French fries
- 1 cup of chocolate ice cream
- 1 cola drink (325 ml)



Dinner

Dinner

- 1 steak (170 gms)
- 1 potato, mashed with butter
- Canned peas (1/2 cup)
- Pie
- Coffee with cream and sugar

