

Canada Food Guide Quiz

- How many versions of the Canada's Food Guide have been developed?
 - 4
 - 3
 - 8
 - 10
- When was the first Canada food guide introduced?
 - 1950
 - 1925
 - 1960
 - 1942
- Why was the first food guide, called Canada's Official Food Rules, developed?
 - To help prevent nutritional deficiencies such as malnutrition
 - To address food rationing by highlighting foods with the most nutrition
 - To contribute to the war effort by providing nourishing food to military
 - All of the above
- Name the 2019 Canada's Food guide 3 food groups.
- What are 4 healthy eating habits recommended by the new food guide?
 - Be mindful of eating habits; Cook more often; Enjoy your food; Eat meals with others
 - Enjoy your food; Try new restaurants; Eat meals with others; Eliminate desserts
 - Be mindful of eating habits; Cut out bread; Cook more often; Go vegetarian
- Milk and milk products used to be grouped as its own food group. How are these foods classified in the 2019 version of the Food Guide?
- Which of the following foods are part of the protein group?
 - Nuts and seeds
 - Beans and lentils
 - Meat and poultry
 - Soy products
 - Dairy products
 - Eggs
 - All of the above
- How much room should vegetables/fruit occupy on your plate?
 - 1/3 of your plate
 - 1/4 of your plate
 - 1/2 of your plate
- The 2019 Food Guide recommends eating whole grains. Which of the following foods are considered whole grains?
 - Basmati rice
 - Brown rice
 - Whole wheat bread
 - Buckwheat
 - Oats
 - Whole grain pasta
- Name 3 strategies to help you get more vegetables and fruit into your diet?

Answer Key:

1. c. 8 – 1942, 1944, 1949, 1950, 1961, 1991, 2007, 2019
2. d. 1942 – The first food guide was called Canada’s Official Food Rules
3. d. All of the above – While recruiting young men for World War 2 it was discovered that 60% were malnourished and unfit for service. The Food Rules were developed to encourage Canadians to eat nutritious food and to provide overseas allies with nutritious food to help with the war effort
4. a. Vegetables & Fruits, Proteins, Whole Grains
5. b. Be mindful of eating habits; Cook more often; Enjoy your food; Eat meals with others
6. Milk and milk products are included in the Protein group
7. g. All of the above
8. c. ½ of your plate
9. b. d. e. f. Product has to state “Whole grain” rather than “Whole wheat” to be a whole grain
10. Any of the following: Refrigerate cut-up veggies in snack bags for grab-and-go snacks, add extra veggies to soups and stews, try a new leafy green each week, serve raw veggies with meals, add fruit to morning oatmeal or cereal, add fruit and greens to smoothies, add fruit and veg to muffins.