Student Resource 3: What's For Lunch Healthy Living Mind Your Food Choices: Making Healthy Choices What Nutrients?





Name:	Date:
Vork together with a partner to design e.g., Vegetables and Fruit, Grain Producemember, most food items contain i	gn a lunch that includes at least three of the four food groups from Canada's Food Guide ucts). Then list the main macronutrients and micronutrients that each food item contains. more than one macro- and micronutrient.