# Student Resource 3: What's For Lunch 

Name: $\qquad$ Date: $\qquad$

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

