



Adventures in learning, created by Canadian dietitians



Rate Your Plate Quiz



Take this quick quiz to find out how your family meals measure up. See if you are making your food choices count with **Canada's Food Guide**.

- | | yes | no |
|--|--------------------------|--------------------------|
| 1. Does your meal include vegetables or fruit? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If so, is your choice a dark green or orange vegetable? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your plate have a grain product on it? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. If so, is your grain product choice a whole grain? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your meal include milk or an alternative? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If so, is it a lower fat milk (2% or less) or alternative choice? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your plate have meat or an alternative on it? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. If so is it fish, lean meat, poultry, beans, lentils, tofu or eggs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Is your meal made with little or no added fat, sugar or salt? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Are you drinking water, milk, fortified soy beverage, or 100% juice? | <input type="checkbox"/> | <input type="checkbox"/> |

Total your score: Give yourself a point for your wise food choices every time you answered yes. Add up your total score and see how well you're doing:

8 to 10 points - Well done, you seem to be making many of the healthy choices recommended by Canada's Food Guide. Keep up the good work!

5 to 7 points - It looks like you're making some healthy choices. Aim to score even more points next time and you'll really be on the right track!

0 to 4 points - It may be time to make some more healthy choices. Try focusing on one or two small changes at a time for a higher score next time!

HINT: There is likely an opportunity to make healthier food choices where you've answered no. Try to answer yes to as many questions as possible next meal.

Did you know? When families eat together, children tend to make healthier food choices. Family meals are a great time to create healthy eating habits for life!



Learn more about making healthy food choices at www.missionnutrition.ca and www.healthcanada.gc.ca/foodguide

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