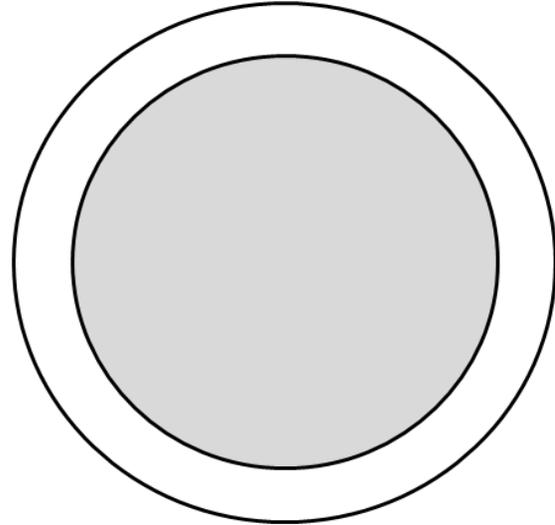
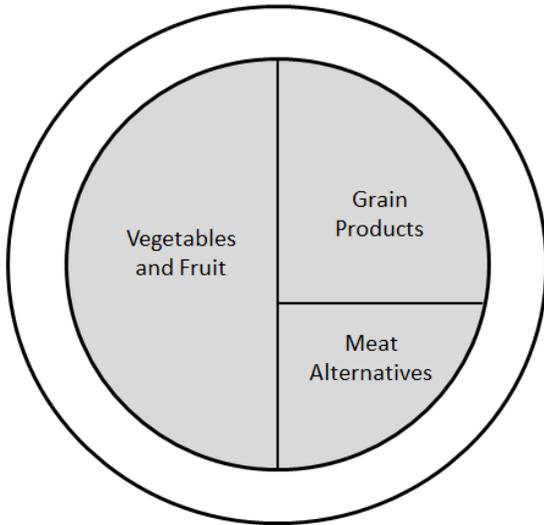


First Name: _____

Last Name: _____

Canada's Food Guide Plates

Canada's Food Guide recommends a plate proportioned like the one depicted below. Draw your typical dinner plate by comparison.



How do the two dinner plates differ?

	3	2	1	0
Comparison of dinner plates.	<i>Student has drawn their dinner plate and provided an accurate comparison of the two.</i>	<i>Student has drawn their dinner plate and identified only the largest difference.</i>	<i>Student has only completed one of the two tasks.</i>	<i>Student did not complete any of the tasks.</i>

Self-Assessing my Meals

When preparing a meal, I am mindful of Canada's Food Guide.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I am aware of how I could change my diet to better reflect Canada Food Guide's recommendations.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I intend to change my diet to better reflect Canada Food Guide's recommendations.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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Detail one strategy you use to better match your diet to Canada Food Guide's recommendations.

	3	2	1	0
Potential Causes of a Drop in Motivation	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>