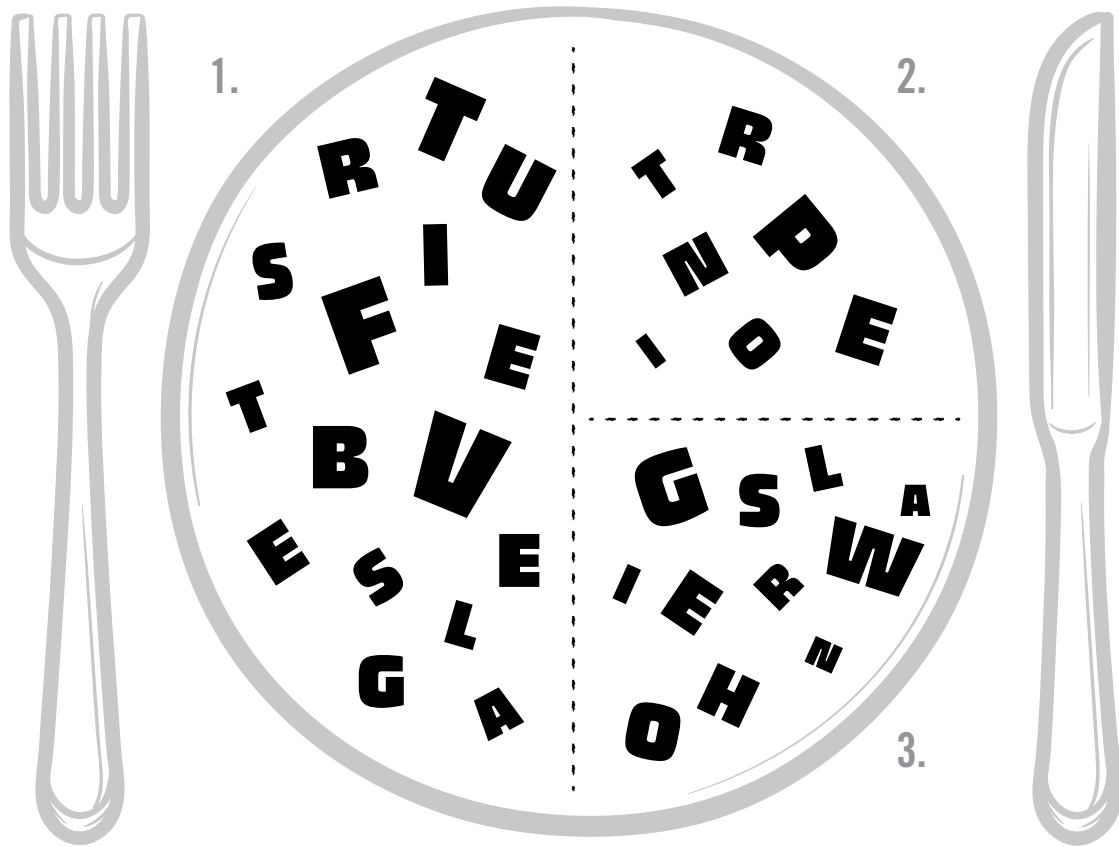


NUTRITION WORD JUMBLE

Our bodies need a variety of foods to stay healthy and strong. Combining vegetables (and/or fruits) and whole grains with lean meats provides us with a wide range of essential nutrients.

Unscramble the letters in the sections of the plate below that make up Canada's Food Guide.



1. _____ & _____

2. _____ 3. _____

Pork is a powerhouse of nutrition! Every bite provides high-quality protein, energy and key vitamins and minerals. Pork is part of the _____ group.

DID YOU KNOW?

Pork is packed with 13 essential nutrients that help keep you healthy and strong.

