Exploring Healthy Foods

Food is the fuel you need to move and be healthy. When you make good food choices, your body feels good, because it gets the fuel and nutrients it needs. Explore the different food choices below to learn how they keep your body healthy.

Vegetables and Fruits:
Give you things your body needs, like vitamins, minerals and fibre. Vegetables and fruits can be fresh, dried, frozen, or in a can. Lettuce, squash, apples, corn, oranges, frozen blueberries, and canned pumpkin are great examples.

Protein Foods:
Give you protein to help build strong bones, teeth and muscle (like your heart!). Some healthy protein foods are: beans, lentils, nuts, seeds, poultry, fish, eggs, soy milk and low fat milk.

Whole Grain Foods:
Give you energy to burn during the day. The fibre helps you to feel full for longer. Some whole grain foods are: bread, noodles, rice, oatmeal, cereal and crackers.

Drink water:
Keeps you hydrated and helps replace water that is lost through sweating, breathing and getting rid of waste.

But with so many foods to choose from, how do you know what are the best choices? Canada’s Food Guide helps people make the right choices.

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What foods did you explore and learn about?

Use flyers or print pictures to paste or draw the foods you would like to explore below.

Here are some examples of the word for food in Indigenous languages:

Mi’kmaq: Mijipjewey
Atikamekw: Mitcim
Cree: Miciwin