

Culinary Technology

Home Learning for Week of April 6 – 9

Preparing healthy meals is an important part of maintaining a healthy lifestyle. Log your food choices for three days in a row. Record everything you eat – no cheating!

At the end of the three days, examine your food choices. Do your eating choices align with a healthy lifestyle? Why or why not? Refer to the guidelines presented in Canada's Food Guide to help you determine your answer. <https://food-guide.canada.ca/en/>

