

# Eating Between The Lines



## EBTL Module 01 - Activity 13

### Activity: What's in Your Fridge?

#### Outcomes

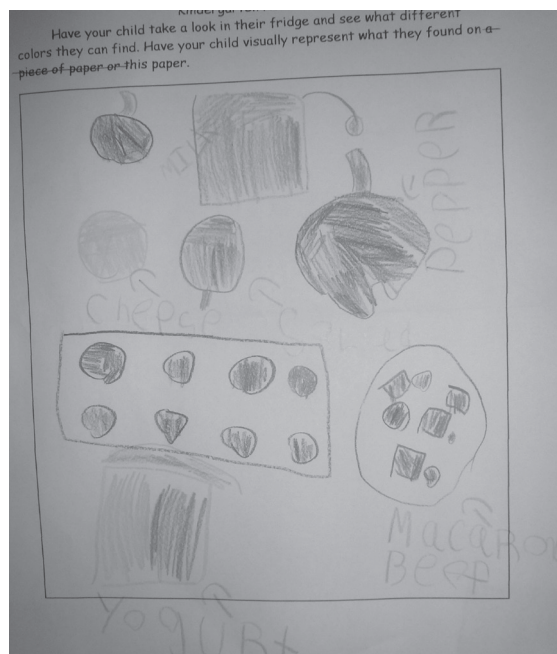
Children will be able to identify and label the four basic food groups.  
Children will be able to group food into its appropriate food group.

#### Teacher Information

This is an activity to be completed at home. A critical component of the balanced literacy approach is reading and writing at home.

#### Procedure

1. Have children go home and look in their fridge to see what different colours they can find.
2. Have the children visually represent what they found. Share the findings the next day.



#### EBTL Homework

Take a look in your fridge at home tonight and make a list of some of the foods you see there. Decide which food belong to each of the four food groups. Make a visual image of the food you found on a piece of paper.