**What is on the Canadian Table?**

Refer to section 1.5 I of the Statistics Canada document catalogue number 16-201- X in order to answer the following questions:

1. Considering that the average male should be consuming up to 2800 calories per day and the average female should be consuming up to 2200 calories per day, what can you conclude about our consumption of calories since 1976?
2. a) Refer to chart 1.13 and identify the portion of our calories coming from each of the following areas:

|  |  |  |  |
| --- | --- | --- | --- |
| **Product** | **Calories Consumed** | **Product** | **Calories Consumed** |
| Cereal Products |  | Alcohol |  |
| Dairy and Eggs |  | Others |  |
| Fruit, Vegetables and Juices |  | Meat, Fish, Poultry, Pulses and Nuts |  |

b) Do the proportions of foods consumed match what is recommended by Canada’s Food Guide to Healthy Eating? Explain for each food group.

1. How much food do we waste? How does this make you feel?
2. a) How much of the food we consume is produced here in Canada?

b) What foods do we need to import? Explain why.

1. Refer table 1.12, and think of an example of a food from each of the countries listed that we would import for consumption here. Were you surprised about any of the countries in our top 10 import list? Why or why not?
2. Compared to the past, are we spending more or less money on food? What factors would you say are contributing to these spending habits?
3. As Canadians, what foods are we buying on a regular basis to prepare meals at home?
4. a) What does the term “organic” food mean?

b) Why do you think Canadians are expressing a growing interest in consuming organic foods?

1. To what do you attribute our spending of $1500 per person per year on eating out in restaurants or consuming takeout foods? How do you think your spending on foods made outside the home would compare to this figure?

10. Overall, how would you summarize the eating habits of Canadians?