## **Reflective Journal 1 - Food Guide Comparison**

You are now ready for the first reflective journal entry. For this assignment, you will compare and contrast the new 2019 Canada’s Food Guide (Tab 08 on the Module 1 main page) with the old 2007 version of Canada’s Food Guide (Tab 13 on the Module 1 main page). After reviewing both guides, answer these three questions.

1. Other than changing from a rainbow with four food groups to a plate with three sections and a beverage, what are the three biggest differences between the old version and the new version of the guide?
2. Which version of the guide do you think is easier to understand?
3. Which version of the guide do you think would be most helpful for people that are trying to eat healthier and get all of their required nutrients?

To complete the assignment, start a new Microsoft Word document. Save this file with your name and the name of the assignment in the file name, and then add your name to the top of the first page, too. The minimum for this assignment is **250 words**, but you can write more if more is necessary.

Review the **journal rubric** before you begin.