



Take Care of Yourself for Week 5

MAA Grades 6-8

- One thing we can do to make sure we stay well is prepare healthy meals. Challenge yourself to plan and prepare a healthy meal to share with your household this week. There are some great recipes from Canada's Food Guide [HERE](#). Take a photo and show us what you made!
- Keep your well-being front and center by continuing your Gratitude Journal – see your teachers' example [HERE](#).