Workbook Preview

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Grade 8 – Health Unit

Healthy Eating

	Curriculum Expectations	Pages
D2.1	Evaluate personal eating habits and food choices on the basis of the recommendations in Canada's Food	21
D3.1	Identify strategies for promoting healthy eating habits and food choices within the school, home, and community (e.g., implementing school healthy food policies, launching healthy-eating campaigns, choosing healthy food items to sell in fundraising campaigns, getting involved in family meal planning, learning food preparation skills, urging local restaurants to highlight healthy food choices)	14-16, 87-115

Preview of 70 pages from this product that contains 159 pages total.

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Healthy Eating



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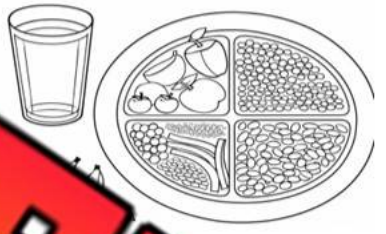
D2.1

Introduction to Canada's Food Guide

The Evolution of Canada's Food Guide
Canada's Food Guide has undergone several changes since its first publication in 1942. Originally designed to help Canadians make nutritious food choices during a time of war and food rationing, the Guide has evolved to meet the changing needs of Canadians. The most recent update in 2019 shifted the focus towards plant-based foods, water as the drink of choice, and the importance of cooking and eating with others.

Importanc[illegible]he Food Guide
The Food [illegible]rves as a reliable source of information on making healthy food choices and livi[illegible]tyle. It helps Canadians understand what types of food are bene[illegible]nd how much food they should be eating. By following the Guide, [illegible]escent[illegible]e they are getting the necessary nutrients to grow, learn, and play.

Food Categories a[illegible]vings
The latest version of C[illegible]a[illegible] Gu[illegible]lifies food categorization into three main groups:



- Fruits and Vegetables
- Whole Grains
- Proteins (with an emphasis on plant-based pro[illegible])

Recommended Servings for Adolescents:
- Fruits and Vegetables: It's recommended that hal[illegible]te for [illegible]meal should consist of fruits and vegetables.
- Whole Grains: One quarter of the plate should be whole g[illegible]ns li[illegible]g[illegible]sta, bread, or rice.
- Proteins: The remaining quarter should be protein sources, with a foc[illegible]tant-based options such as beans, lentils, and tofu, though lean meats and [illegible]ltry, fish, eggs, and dairy are also included.

Key Takeaways:
- The Food Guide emphasizes the importance of meal balance rather than specific servings, encouraging a visual method of portion control.
- Drinking plenty of water and limiting processed foods are also significant aspects of the Guide.
- Cooking more often and eating meals with others are encouraged to promote healthier eating habits and social connection.

Understanding and applying the principles of Canada's Food Guide can help adolescents make healthier food choices that contribute to their overall well-being.

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Your Canada Food Guide Plate

Draw Draw foods on your plate that you like that fit into the food groups below

Proteins			
Salmon	Lobster	Turkey	Milk
Moose m	Beef	Cod	Cheese
Venis	icken	Trout	Lentils
Bison	ere	Halibut	Chickpeas
Arctic char	ork	Eggs	Black beans

Wheat	Wild rice	Kamu	Chia seeds
Oats	Quinoa	M	Hemp seeds
Barley	Buckwheat	Tritica	um
Rye	Amaranth	Durum whe	
Corn	Spelt	Flaxseed	

Fruits & Vegetables			
Apples	Raspberries	Grapes	Cauliflower
Blueberries	Strawberries	Cherries	Corn
Cranberries	Pears	Potatoes	Peas
Saskatoon berries	Peaches	Carrots	Tomatoes
Zucchini	Plums	Broccoli	Cucumbers

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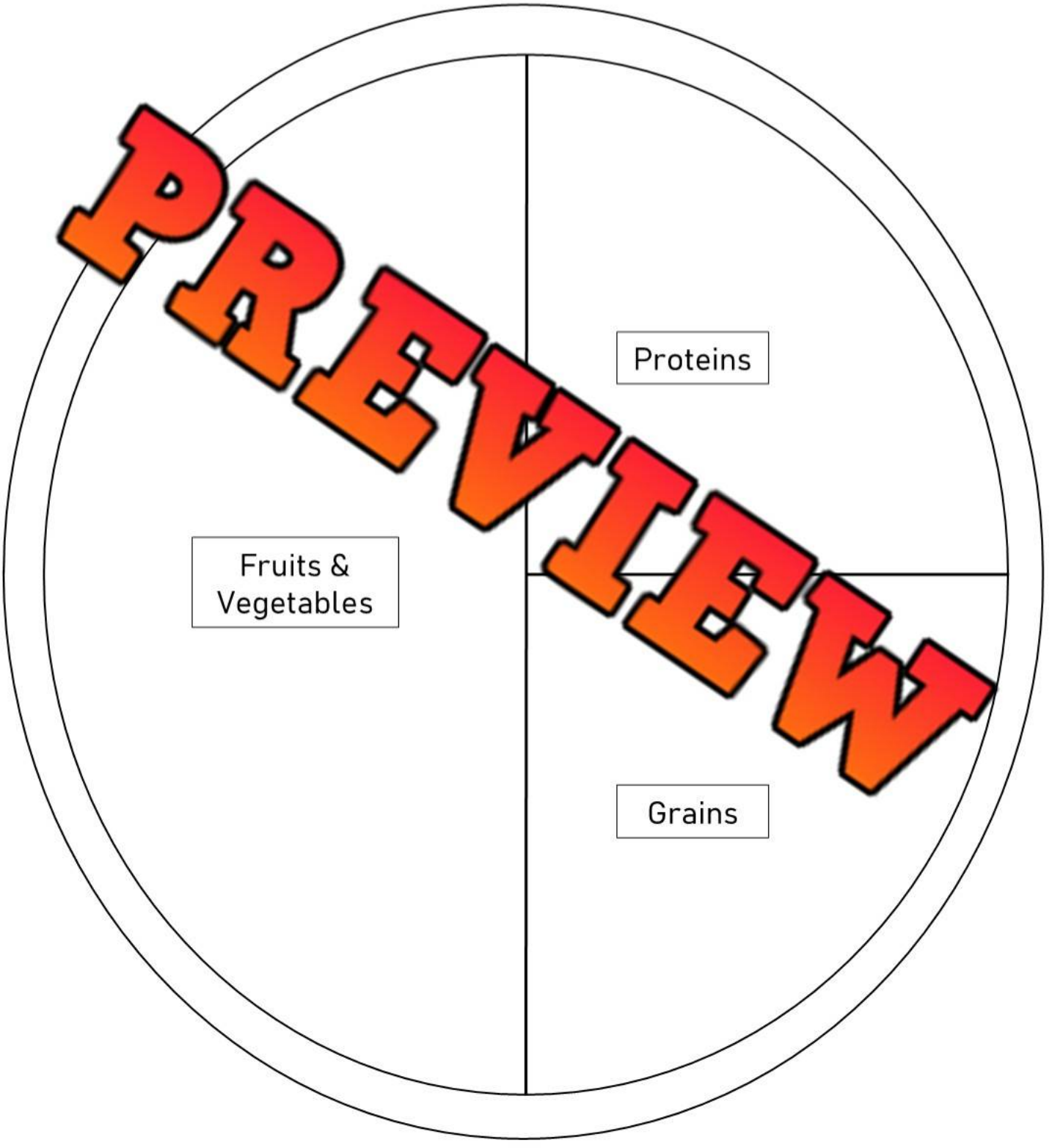
Your Canada Food Guide Plate

Draw Draw foods on your plate that you like that fit into the food groups below



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True or False

Is the statement true or false?

1) Canada's Food Guide was first published in 1942.	True	False
2) The Guide recommends water as the only drink.	True	False
3) Cooking more often is encouraged by the Guide.	True	False
4) Whole grains should fill half of your plate.	True	False
5) Plant-b roteins are emphasized in the Guide.	True	False

Que ıg

two questions you have about the text.

1)	
2)	

Questions

Answer the questions belo

1) What are two benefits of following Canada's Food Guide fo dole

2) Why does Canada's Food Guide recommend eating meals with others?

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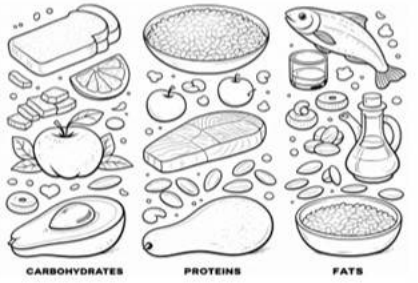
The Role of Macronutrients

Understanding Macronutrients
Macronutrients are vital nutrients that our bodies need in large amounts to function correctly. These include carbohydrates, proteins, and fats. Each plays a unique role in our health and well-being.

Carbohydrates: The Energy Providers
Carbohydrates are the primary energy source for our bodies. They are found in foods like bread, pas[illegible]ruits, vegetables, and grains. When we eat carbohydrates, our body breaks them down[illegible]ucose, which is used for energy to support daily activities and maintain bodily fu[illegible]n.



Key F[illegible]
- Sou[illegible] of qui[illegible]
- Should ma[illegible]5-6[illegible] your daily calorie intake

Proteins: The Buil[illegible]ocks
Proteins are crucial fo[illegible]u[illegible] repa[illegible]issues, making enzymes and hormones a[illegible]ting i[illegible]action. They are made up of amino acids, some of which are esse[illegible]d m[illegible]ed from our diet. Good sources of protein include meat, fish, dairy produc[illegible]s, a[illegible]ts.

Key Facts:
- Essential for growth and repair
- Should account for about 10-30% of daily ca[illegible]

Fats: Essential for Health
Fats provide energy, support cell growth, protect our orga[illegible] hel[illegible] absorb nutrients. They are divided into saturated, unsaturated, and trans fat[illegible], found in foods like avocados, olive oil, and fish, are considered hea[illegible]

Key Facts:
- Supports cell structure and hormone production
- Should comprise about 20-35% of daily calorie intake

Balancing Macronutrients
For a healthy diet, it's important to balance these macronutrients. Here's a simple list to help remember their roles:

- Carbohydrates: Main energy source
- Proteins: Support growth and repair
- Fats: Essential for overall health

Eating a variety of foods from each macronutrient group ensures our bodies get the energy and nutrients needed to function optimally.

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True or False

Is the statement true or false?

1) Carbohydrates are the body's primary energy source.	True	False
2) Fats should make up about 50% of daily calories.	True	False
3) Proteins are essential for growth and repair.	True	False
4) Carbohydrates are mainly found in meats and fish.	True	False
5) Proteins can be obtained from legumes and nuts.	True	False

Direction

actions that show healthy macronutrient choices.

❑ E balanc ith carbo ydrate and ts	❑ Choosing lean protein like fish, beans, or nuts
❑ Choosing wh s	❑ Eating too much fried and fatty food
❑ Eating only sugary sn nergy	❑ Drinking water instead of sugary drinks
❑ Including fruits and vegetab n m	❑ uding healthy fats like avocado or nu
❑ Skipping meals regularly	❑ A ng a ts completely

Questions

Answer the questions below.

1) What are macronutrients, and why are they important?

2) How does balancing macronutrients contribute to a healthy diet?

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Curriculum Connection
D2.1

Exploring Micronutrients

The Role of Micronutrients in Our Health
Micronutrients, including vitamins and minerals, play a crucial role in maintaining our overall health. They support various bodily functions, from bone health to the immune system. Let's dive into the significance of three key micronutrients: Vitamin D, calcium, and iron.

Vitamin D: The Sunshine Vitamin
Vitamin D is essential for strong bones because it helps our body absorb calcium. Unlike other vitamins, our body can produce Vitamin D when our skin is exposed to sunlight. However, we can also obtain it from certain foods.



Sources of Vitamin D:
- Fatty fish like salmon, mackerel
- Egg yolks
- Fortified foods like milk, orange juice, and cereals

Calcium: Building Strong Bones
Calcium is the most abundant mineral in our body, primarily found in our bones and teeth. It's vital for maintaining bone health and also plays a role in muscle function, nerve signalling, and heart health.

Sources of Calcium:
- Dairy products like milk, cheese, and yoghurt
- Leafy green vegetables, such as broccoli and kale
- Fortified plant milks and juices

Iron: Essential for Healthy Blood
Iron is a key component of haemoglobin, a protein in red blood cells that carries oxygen from our lungs to the rest of our body. Adequate iron intake is necessary to prevent anaemia, which can cause fatigue and weakness.

Sources of Iron:
- Red meat and poultry
- Beans and lentils
- Fortified cereals and whole grains

Important Micronutrient Facts:
- Teenagers need more calcium during their growth spurt.
- Vitamin D deficiency can lead to weak bones and increased fracture risk.
- Iron is more easily absorbed from animal sources than plant sources.

By including a variety of foods rich in these micronutrients in our diet, we can support our body's needs and maintain good health.

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True or False

Is the statement true or false?

1) Vitamin D is also known as the Sunshine Vitamin.	True	False
2) Our body cannot produce Vitamin D.	True	False
3) Iron helps carry oxygen in our blood.	True	False
4) Teenage[illegible] do not need more calcium.	True	False
5) Only a[illegible] ducts contain iron.	True	False

Multiple Choice

[illegible] he correct answer.

1. Which micronutri[illegible] lps [illegible] es and teeth?	A. Calcium	B. Iron
2. Which micronutrient help[illegible] yge[illegible] od?	A. Vitamin D	B. Iron
3. Which micronutrient helps the body a[illegible] lciu[illegible]	A. Vitamin D	B. Iron
4. Which micronutrient helps prevent weakness an[illegible] gue?	[illegible] Calcium	B. Iron
5. Which micronutrient comes from sunlight expo[illegible]	[illegible] D	B. Calcium

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Question

What role does Vitamin D play in our body?

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Curriculum Connection
D2.1

Jeopardy-Style Game: Micronutrients Edition

Objective What are we learning about?

To engage students in a fun and interactive review of micronutrients (Vitamin D, calcium, and iron) and their roles in maintaining overall health.

Materials What will you need for the activity?

- W… l… oster board
- M… s or cha…
- Sticky notes
- Tape or m… s… ing a… oard)
- Buzzer or bel… nal fo… ct)



Instructions How will you… te …?

1. Divide the students into two gro… or this … of …pardy.
2. As an option, give each team a bell or b…
3. Select two students to go first, one from each t…
4. Ask one of the two players to start by selecting how many … for the first question – 1 to 5.
5. Read them the corresponding question.
6. Students will race to answer the question. They can push a buzzer or ring a bell or raise their hand. The first person to signal they have an answer, gets the first chance to answer.
7. If they get the answer correct, they get the allotted points.
8. Keep a total of the points on the board where students can see.
9. Continue until all questions are answered.

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Jeopardy Question | Ask students the questions below.

1 Points	2 Points	3 Points	4 Points	5 Points
What vitamin do we get from sunlight? *(Vitamin D)*	What food is rich in calcium? *(Milk)*	This mineral helps carry oxygen in the blood. *(Iron)*	What vitamin helps the body absorb calcium? *(Vitamin D)*	What happens if you lack iron? *(Anemia)*
What mineral strengthens bones? *(Calcium)*	What food contains iron? *(Spinach/Beans)*	What nutrient is important for strong teeth? *(Calcium)*	What food is fortified with Vitamin D? *(Milk/Cereal)*	What deficiency can cause weak bones? *(Vitamin D deficiency)*
What micronutrient helps build strong bones? *(Calcium)*	What food has Vitamin D? *(Fish/Egg yolk)*	What mineral prevents fatigue? *(Iron)*	What happens if you lack calcium? *(Weak bones)*	What type of iron is better absorbed by the body? *(Animal sources)*
What mineral is found in leafy greens? *(Iron)*	What dairy product contains calcium? *(Cheese, Yogurt)*	What vitamin supports bone health? *(Vitamin D)*	What are symptoms of low iron? *(Tiredness, Weakness)*	What happens if you don't get enough Vitamin D? *(Bone problems)*
What nutrient helps prevent anemia? *(Iron)*	What green vegetable is rich in iron? *(Spinach, Kale)*	What nutrient supports muscle and nerve function? *(Calcium)*	Why is Vitamin D important? *(Helps absorb calcium)*	Why is calcium important for teenagers? *(Bone growth)*

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D2.1

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Micronutrients Check

1) Vitamins and minerals are important for health.	Yes	No
2) Vitamin D helps absorb calcium.	Yes	No
3) Calcium strengthens bones.	Yes	No
4) Iron carries oxygen in the blood.	Yes	No
5) Micronutrients are not needed by the body.	Yes	No

Name: _____

Micronutrients Check

1) Vitamins and minerals are important for health.	Yes	No
2) Vitamin D helps absorb calcium.	Yes	No
3) Calcium strengthens bones.	Yes	No
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Name: _____

Micronutrients Check

1) Vitamins and minerals are important for health.	Yes	No
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Name: _____

Micronutrients Check

1) Vitamins and minerals are important for health.	Yes	No
2) Vitamin D helps absorb calcium.	Yes	No
3) Calcium strengthens bones.	Yes	No
4) Iron carries oxygen in the blood.	Yes	No
5) Micronutrients are not needed by the body.	Yes	No

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D2.1

Understanding Food Labels

Exploring Food Labels



Food labels are like a secret code to understanding what's inside our food. They help us make informed choices about what we eat and drink. By learning to read them, we can pick healthier options and understand how food affects our bodies

Serving Size: The Starting Point

The servi tells us the amount of food that is considered a single s his is crucial because all the nutritional information listed on the label is ount. It's not always the same as how much we eat in one sitti we need t our understanding accordingly.

Calories: The ent

Calories measu much get from a serving of food. Knowing about calories is important ca lance the energy we take in with the energy we use throughou day. Cons ore calories than we need can lead to weight gain.

Macronutrients: The Big Three

- Fats: Not all fats are bad, but it's important to l sat and trans fats to keep our hearts healthy.
- Carbohydrates: They are our body's main en so ods high in dietary fibre and low in sugars.
- Proteins: Essential for building and repairing tissues e fo r a good amount of protein per serving.

Ingredient List: What's Inside

The ingredient list shows everything that's in the food, starting with the gest amount. It's a good way to check for things we might want to avoid because of allergies, dietary restrictions, or personal preferences.

Why Reading Food Labels Matters

Understanding food labels can help us make healthier choices. For example, comparing labels can help us choose products with lower amounts of added sugars, salt, and unhealthy fats. It also makes us more aware of portion sizes, leading to better eating habits.

By becoming savvy readers of food labels, we can take control of our dietary choices and move towards a healthier lifestyle.

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D2.1

True or False

Is the statement true or false?

1) Serving size affects the nutritional information.	True	False
2) All fats listed on labels are unhealthy.	True	False
3) Calories measure the food's energy content.	True	False
4) Proteins are not essential for body repair.	True	False
5) Food labels help with dietary choices.	True	False

Label Detect

food product and label at least 3 important parts of its food
alories, sugar, protein, serving size). Then explain why these
parts a tant when choosing what to eat.



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Questions

Answer the questions below.

1) What is the importance of serving size on food labels?

2) How can calories affect your body weight?

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D2.1

Deep Dive - Food Labels

Decoding Food Labels

Date: Feb 24, 2024 Author: By: Sara Johnson *3-minute read*

In today's fast-paced world, understanding food labels is more than just a skill; it's a necessity for maintaining a healthy lifestyle. A quick glance at the ingredient list can reveal a lot about the food we consume, from nutritional value to the presence of potentially harmful ad[illegible]s. Learning to decode these labels enables us to make healthier choices, understan[illegible]nal content, and avoid substances that may be detrimental to our health.

Naviga[illegible]hrough[illegible]ex information on food packages can be overwhelming. However, maste[illegible]f re[illegible]g ingredient lists and nutritional facts empowers us to take control of [illegible]is kno[illegible]helps us compare products effectively, choose items with less sug[illegible], and [illegible]ts, and select foods that contribute positively to our overall well-being.

The significance of this skill ex[illegible]beyo[illegible]health. By choosing healthier options, we encourage food manufactur[illegible]oduc[illegible]offer better quality products. This collective consumer behaviour can [illegible]o a hea[illegible]ty and a more responsible food industry, ultimately making the world a better [illegible]e one [illegible]at a time.

Bye for now,
Sara Johnson

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Comments:



Ethan Brown, February 26, 2024

Absolutely agree! Understanding food labels has changed the way I shop and eat. It's crucial for making informed dietary choices.

Like Reply 2h ago



Ava Wilson, February 24, 2024

It's not just about individual health; it's about demanding transparency and quality from food producers. Knowledge is power, especially when it comes to our food.

Like Reply 2d ago

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D2.1

True or False

Is the statement true or false?

1) Reading food labels helps us make healthier choices.	True	False
2) All food additives are harmful to health.	True	False
3) Knowledge of labels affects consumer behaviour.	True	False
4) Food labels only show nutritional value.	True	False
5) Healthier choices can lead to a healthier society.	True	False

Question

the questions below.

1) What is the standing food labels?

2) How can mastering food labels empower consu ?

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Define

What do the terms below mean?

Nutritional Value	
Additives	

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Memory Game: Food Label Terms

Objective

What are we learning about?

To enhance understanding of nutritional terms found on food labels through a fun and engaging memory game. This activity aims to improve students' ability to recognize and understand key nutritional information that affects their health.

Materials

What you will need for the activity.

- Ind p of cardstock
- M s, pen
- List nutriti nd their definitions (e.g., sugar, fibr tura t, unsaturated fat, potassium, v



Instructions

How yo mplet tivity

1. Divide the class into groups of 3 or
2. Distribute sets of the memory cards provided ch g Mix the cards well and lay them face down in a grid on a table.
3. Students will take turns flipping over two card f ying t a match between a term and its definition.
4. If a student finds a match, they keep the pair and take an er t ds are flipped back over, and it's the next student's turn.
5. The game continues until all the cards have been matched.
6. Keep the game engaging by encouraging students to discuss the terms and definitions when a match is found.
7. To add a competitive element, you can time the rounds or count the matches to declare a winner.
8. Encourage students to create their own cards with additional nutritional terms and definitions to expand the game.
9. Reflect on how understanding these terms can influence daily food choices.
10. Discuss the importance of paying attention to nutritional labels when shopping for groceries.

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Cards | Compilation of Nutritional Terms and Their Definitions

Term	Definition
Sugar	A sweet substance that adds flavour and energy to food but should be eaten in moderation.
[illegible]	A type of carbohydrate that your body can't digest, which helps move waste through the body.
Calories	A [illegible]of the amount of [illegible]gy f[illegible]vides to your [illegible]body
Saturated Fat	A type of fat f[illegible]nd[illegible]imal products and some [illegible]ant oils, which can raise cholesterol levels.
Unsaturated Fat	A healthier type of fat found in plant oils and fish that can help reduce cholesterol.

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Cards | Compilation of Nutritional Terms and Their Definitions

Term	Definition
Potassium	A mineral that helps your nerves and muscles work properly.
[illegible]ns	Nutrients, which have letter names, your body needs in small amounts to stay healthy and work properly.
Sodium	A m[illegible]t that is important for f[illegible] ba[illegible] but should be [illegible]ite[illegible]a[illegible]high blood [illegible]ressu[illegible]
Protein	A nutrient that is i[illegible]tant for building and repairing tissues in your body.
Cholesterol	A substance found in your blood that's needed to build cells but can lead to heart problems if levels are too high.

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Cards | Compilation of Nutritional Terms and Their Definitions

Term	Definition
Micronutrients	Vitamins and minerals needed by the body in small amounts.
r Fat	A type of fat that is created by adding hydrogen to vegetable oil, increasing the risk of heart disease.
Total Fat	e s of saturated, tura d trans fats in
Serving Size	The recommen ed nt of food to be consu in one sitting, according to the nutrition label.
Carbohydrates	A major source of energy found in foods like bread, rice, and fruits, which includes sugars and fibres.

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Food Marketing

Understanding Food Marketing



Food marketing plays a significant role in influencing our food choices, particularly among teenagers. This report explores how advertising shapes our perceptions of what is considered healthy and encourages critical thinking about various food marketing strategies.

The Power of Advertising

Advertisem[illegible] everywhere - on TV, the internet, social media, an[illegible]s. These ads often showcase foods that are high in sugars, fats, and calori[illegible]r irresistible. The goal is to make these foods so appealing that we fe[illegible]pelled t[illegible]consume them, regardless of their nutritional value.

Key Facts:

- Teenagers are [illegible] targe[illegible]arketers because of their spending power and brand loyalty pot[illegible]
- Advertisements often [illegible]ties an[illegible]tes to endorse products, implying that consuming these foods is [illegible]suc[illegible]ularity.
- Studies show that teenagers [illegible]are [illegible]food advertisements are more likely to consume fast food and sugar[illegible]ges.
- Food marketing has been linked to in[illegible]ed rates [illegible]sit[illegible]mong young people due to the promotion of high-calorie, low-nutrient food[illegible]

Impact on Teenage Food Choices

The influence of food marketing on teenagers can be pro[illegible] Ads creat[illegible]age that certain foods are not just tasty but also trendy and desirable[illegible] le[illegible]he[illegible]hy eating habits, as many marketed foods lack essential nutrients while be[illegible]g hig[illegible]e[illegible]ugar.

Encouraging Critical Thinking

It's crucial for teenagers to develop critical thinking skills when it comes to f[illegible]marketing. Understanding the strategies used in advertisements can help make more informed food choices.

Strategies to Watch For:

- Emotional Appeal: Ads that make foods seem like a key to happiness or social acceptance.
- Misleading Health Claims: Products advertised as "healthy" or "natural" that may not be beneficial to your health.
- Limited Time Offers: Creating a sense of urgency to buy something that might not be needed.

By being aware of these tactics, teenagers can learn to question the true value and healthfulness of marketed foods, leading to better dietary choices.

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True or False

Is the statement true or false?

1) Food marketing doesn't influence teenagers' food choices.	True	False
2) Advertisements often promote high-sugar, high-fat foods.	True	False
3) Understanding ads can help us make healthier food choices.	True	False
4) All advertised foods are good for your health.	True	False
5) Food marketing can lead to unhealthy eating habits.	True	False

Draw

Dr[illegible]mples of food advertisements you have seen (TV, social media, posters, e[illegible]s and label them.

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Questions

Answer the questions below?

1) Why are teenagers a major target for food marketers?

2) How do celebrities and athletes influence food marketing?

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Curriculum Connection
D2.1

Role Play: Navigating Food Marketing

Objective What are we learning about?

To understand the impact of food marketing on our choices and develop critical thinking skills to make informed decisions.

Materials What you will need for the activity.

- S[illegible]s [illegible] various food marketing s[illegible]ons
- Prop[illegible] for ro[illegible]ion[illegible], e.g., product packaging [illegible]ents
- Whiteboard [illegible]hart
- Markers
- Timer or stopwatch
- Reflection question shee[illegible]



Instructions How you will comple[illegible] the acti[illegible]

1. Start with a class discussion on food marke[illegible]
2. Divide students into groups of 3-4.
3. Hand out scenario cards to each group.
4. Give groups time to plan their role-plays based on their scenario.
5. Groups will perform their role-play, demonstrating their decision-making process.
6. Rotate through the groups allowing each to present.
7. After each presentation, facilitate a brief class discussion.
8. Repeat until all groups have presented.
9. Wrap up with a class discussion on the learnt lessons.

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D2.1

Scenarios	Role-Play Scenarios

You and your friends are in a bustling supermarket aisle with shelves of colourful, tempting snacks. You scrutinize nutrition labels, trying to decide between a vibrantly packaged treat and a less appealing, but healthier option. Your friends offer opinions about choices.

You are in[illegible]ant school cafeteria, bombarded with ads for a sugary energy drink. You're dis[illegible]with friends the true cost of a quick energy fix versus the drink's sugar c[illegible]g[illegible] the pros and cons.

You're sitting i[illegible]n[illegible] the TV[illegible]nds in a cosy living room scene. A fast-food commercial plays,[illegible]stea[illegible]e[illegible]own in, you're using a laptop to research healthier meal options[illegible]d you[illegible]ds could prepare.

Depict a bright morning with you and [illegible]ings [illegible]a flashy new cereal ad on TV. Next to you, a computer screen sh[illegible]an oper[illegible]on [illegible]itional information, as you compare the marketed image with the act[illegible]edien[illegible]/hat do you ask your Mom to buy?

Capture a moment at a school vending machine where you[illegible] yo[illegible] debating snack choices. Create dialogue that discusses the advert[illegible] other healthier snack options, as you weigh your decision. What do you

Conceive a scene in your bedroom with friends where your smartphone shows a social media influencer promoting a snack. Surround yourself with open books on nutrition. Create dialogue where you and your friends ask critical questions about the endorsed product.

Imagine a party scene with a table laden with food. You want to make healthy choices. You're there with friends, deciding what to place on your plate thoughtfully. What goes into the decision?

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D2.1

Role Plays Tips | Include some of the considerations below in your Role-Play.

Question the Claims: Teach students to ask critical questions about advertised claims, like "Is this product as healthy as the ad says?"

Change the Conversation: Encourage students to shift discussions towards the nutritional value and health benefits rather than just the taste or popularity of the food item.

Seek Credible Sources: Have students research the food item from credible nutrition websites or sources to get accurate information.

Compare and Contrast: Students can practice comparing the product with a known healthier alternative, looking for things like sugar content, artificial additives, and whole grain vs. refined.

Recognize Marketing Tactics: Educate them on common marketing tactics like bright packaging or buzzwords such as 'low-fat', 'natural', etc., and how they might not always mean the product is healthy.

Long-term Impact Over Immediate Gratification: Discuss the concept of long-term health benefits over short-term satisfaction, prompting students to think about how their choice affects their health in the long run.

Budgeting for Health: Introduce the idea of budgeting both money and calories, showing students how to get the best nutritional bang for their buck.

Peer Pressure Resistance: Role-play scenarios where they can practice resisting peer pressure, suggesting healthier alternatives or expressing a firm no thanks.

The Influencer Flip: When faced with an influencer promoting a product, students could discuss or mimic creating their own content that promotes a healthier option or exposes the marketing tactics.

Understanding Ingredients: Teach them to read and understand ingredient labels, highlighting the importance of recognizing every item listed, especially the first three ingredients.

Mindful Eating: Encourage mindfulness in eating, which involves paying full attention to the experience of eating and drinking, both inside and outside the body.

The Five-Ingredient Rule: Promote a simple rule where students choose foods with five or fewer ingredients to avoid highly processed foods.

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D2.1

Blog Post: Healthy Hydration

Hydration for Health

Date: Feb 15, 2024 Author: By: Lucas Chen *3-minute read*

Staying hydrated is crucial for maintaining good health, but not all drinks are created equal. Water, being the most natural form of hydration, offers numerous benefits without the added sugars and calories found in many other beverages. By making water our drink of choice, w upport our body's natural processes, from digestion to detoxification, ensuring w te at our best.

Comp drinks highlights a clear choice for our well-being. While sugar rages c a temporary energy boost, they often lead to energy crashes a cont g-t m health issues like obesity and diabetes. Water, on the other hand, hy ently, maintaining a healthy weight, and can even improve cognitive function

Embracing water as our p source o on is a simple yet effective step towards a healthier lifestyle. It's not ju qu t: it's about nurturing our body with what it needs to thrive. Let's prio ze w ted and enjoy the wide-ranging health benefits it brings.

Until we meet again,
Lucas Chen

PREVIEW

Comments:



Elijah Patel, February 16, 2024

Making water the main choice for hydration has changed my energy levels and overall health. It's amazing how a simple change can make such a big difference.

Like Reply 6h ago



Sophia Tremblay, February 15, 2024

Absolutely agree! Beyond health benefits, choosing water over sugary drinks also promotes a sustainable lifestyle. It's a win-win for our health and the environment.

Like Reply 1d ago

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Water helps in the body's digestion process.	True	False
2) Sugary drinks provide long-term energy.	True	False
3) Water can improve cognitive function.	True	False
4) Choosing water supports a sustainable lifestyle.	True	False
5) All beverages hydrate the body equally.	True	False

Question

Answer the questions below.

1) How does water compare to sugary drinks in terms of health benefits?

2) Why is it important to make water the drink of choice for hydration?

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Define

What do the terms below mean?

Hydration	
Cognitive Function	

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D2.1

DIY Water Bottle Decorating

Objective — What are we learning about?

To promote healthy hydration habits and environmental awareness through personalizing reusable water bottles. This activity encourages creativity and personal expression while highlighting the importance of choosing water as a primary drink.

Materials — What you will need for the activity.

- R… …s (preferably clear or light-c… …d for e… …ting)
- Perm… …rio… colours
- Washable … …a… …ushes
- Stencils (opti…
- Washi tape
- Stickers (water-them… …n… prefe… …gns)



PREVIEW

Instructions — How you will com… …e acti…

1. Start by ensuring each student has a clean… …y reu… …r bottle.
2. Lay out the decorating materials on a central tabl… …ea… acces…
3. Demonstrate how to use washi tape to create patterns o… …orde…
4. Show the students how to apply stickers without creating air bu…bble…
5. Encourage the use of permanent markers to draw or write motivational water-drinking reminders.
6. If using paint, explain the importance of thin coats to avoid peeling.
7. Demonstrate the use of stencils for those who might feel less confident in their freehand drawing skills.
8. Allow for drying time if necessary, especially for paint and glitter glue.
9. Conclude by having students share their decorated bottles and the ideas behind their designs.

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Reflection | Answer the questions below.

1) How does your design reflect your personality?

2) What m[illegible]ge does your bottle convey about hydration?

3) How does usi[illegible]able [illegible]fit the environment?

4) How might this bottle encourage you to drink m[illegible]

5) Write a slogan for your water bottle promoting hydration.

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Curriculum Connection
D2.1

Blog Post: Mindful Eating

Mindful Eating

Date: Feb 05, 2024 Author: By: Sarah Jensen *3-minute read*

In a world overflowing with dietary advice, the concept of mindful eating offers a refreshing approach to nutrition. It encourages us to listen to our body's hunger and fullness cues, promoting a healthier relationship with food. By paying attention to how we eat, rather than just what we eat, we can enhance our eating experience and make choices that support our overall health.

Mindful eating is about being fully present during meals, savouring each bite, and acknowledging our body's signals. This practice can lead to better digestion, reduced overeating, and a greater appreciation for the food on our plates. It's a step towards not only healthier eating habits but also towards a more intentional way of living.

Adopting mindful eating can transform meals from mindless consumption to moments of genuine enjoyment and satisfaction. It's an opportunity to pause in our fast-paced lives and truly connect with our food, leading to a deeper understanding of our eating patterns and preferences.

Regards,
Sarah Jensen

Comments:



Ethan Nguyen, February 08, 2024

Incorporating mindful eating into my routine has significantly improved my relationship with food. It's a game-changer.

Like Reply 1h ago



Lily Morin, February 05, 2024

Mindful eating has taught me to truly appreciate the flavours and textures of my meals. It's been a journey towards healthier habits.

Like Reply 3d ago

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Mindful eating ignores hunger and fullness cues.	True	False
2) It enhances the eating experience.	True	False
3) Mindful eating can lead to overeating.	True	False
4) This practice appreciates food's flavour and texture.	True	False
5) Mindful eating encourages fast consumption of meals.	True	False

Question

How does mindful eating affect our relationship with food?

PREVIEW

Direction

Check (✓) the column that best describes you.

Statements	Yes	No	Maybe
I pay attention to my hunger and fullness when eating.			
I eat slowly and enjoy each bite of my food.			
I avoid distractions (phone, TV) while eating.			
I notice the taste, smell, and texture of my food.			
I stop eating when I feel full.			
I think about whether my food choices are healthy.			
I sometimes eat without thinking or paying attention.			
I feel more satisfied when I eat mindfully.			
I try to make balanced and thoughtful food choices.			
I reflect on my eating habits after meals.			

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D2.1

Story: Mindfulness and Emotional Eating

Mindful Bites, Peaceful Minds



In the bustling city of Toronto, Aarav, a Grade 8 student, found himself reaching for a bag of chips every time he felt stressed or bored. He noticed this habit was affecting his mood and energy lev but didn't know how to change it.

One day her, Mr. Singh, introduced the class to the concept of emotional eatin practice ming food in response to feelings rather than hunger. Aarav learned 5% dividuals use food to cope with emotions. This statistic made hi e he e.

Mr. Singh shared strategie agi l eating through mindfulness, a practice focusing on being fully prese gag the moment. He suggested starting with recognizing the triggers stress o ed hat lead to emotional eating.

Aarav decided to keep a food diary, jotting down what hen ow he felt. This helped him identify patterns and emotional triggers. He lso "mindful eating" technique, which involves eating slowly, savouri ead nd paying attention to the taste, texture, and aroma of the food.

By applying these strategies, Aarav began to notice a shift. He was eating less out of emotion and more out of genuine hunger. He felt more energetic and noticed his mood improved significantly.

Through mindfulness and understanding his emotional eating habits, Aarav learned to nourish his body and mind, realizing that every bite was an opportunity to choose health and happiness.

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D2.1

Questions

Answer the questions below.

1) How can mindfulness help with emotional eating?

2) What is the purpose of keeping a food diary?

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True or False

Is t... a... t true or false?

1) Emotional eating is eating ... nse ...	True	False
2) Nearly 45% of individuals eat to cope ... tion ...	True	False
3) Mindfulness can help us manage emot... al eatin... its.	True	False
4) Keeping a food diary is unnecessary for mind... s.	True	False
5) Emotional triggers for eating can include stress and ... or. ... e	True	False

Connecting

Contrast the 2 eating experiences considering mindfuln... ... a... Food Guide recommendations.

Eating Pizza While Watching TV	Eating a Family Meal at the Kitchen Table

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D2.1

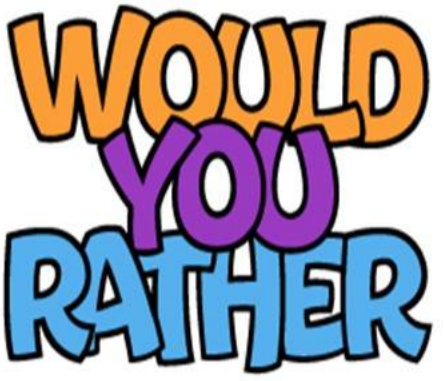
Would You Rather: Mindful Eating Edition

Objective What are we learning about?

Students will practise mindful thinking and communication by reflecting on emotional eating habits, recognizing triggers, and making healthier food choices.

Materials at will you need for the activity?

- ""Wo You R ario cards (mindful eating situa)
- A small containe bas
- Open space for studen a c



PREVIEW

Instructions How will you comple activit

1. Have students sit together in a circle.
2. Place the "Would You Rather" cards in a container a ent
3. Ask one student to pick a card and read the two choices alo
4. The student chooses one option and explains their reason.
5. Encourage students to connect their answers to emotions, hunger, or habits.
6. Invite one or two classmates to share if they would choose differently.
7. Continue around the circle until several students have participated.
8. After the activity, discuss how mindful eating helps manage emotions and improve health.

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D2.1

Would You Rather: Mindful Eating Edition

Would you rather eat when you feel bored	or	wait until you are truly hungry?
Would you rather snack while watching TV	or	eat without distractions?
Would you rather eat quickly	or	take time to enjoy each bite?
Would you rather choose junk food when s	or	choose a healthier option?
Would you rather ... your feelings	or	talk about them instead of eating?
Would you rather ... because emotions	or	eat because of hunger?
Would you rather keep a fo...	or	track what you eat?
Would you rather eat alone without thinking	or	... with awareness?
Would you rather choose comfort food	or	...
Would you rather rush your meals	or	chew slowly and ...
Would you rather drink sugary drinks when stressed	or	drink water and relax?
Would you rather eat when you feel sad	or	do a different activity like walking or talking to a friend?
Would you rather overeat your favourite food	or	eat just the right portion mindfully?
Would you rather eat while using your phone	or	focus only on your meal?
Would you rather recognize your hunger signals	or	ignore them and eat anytime?

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D2.1

Family Meal Planning and Food Preparation Skills

Together, We Cook

In the heart of Vancouver lived Maya, a Grade 8 student passionate about basketball. However, her energy levels were often low, impacting her game. Her teacher, Mr. Chen, noticed this and introduced the class to the concept of family meal planning and the importance of food preparation skills.



Mr. C[illegible] that families who plan and prepare meals together tend to [illegible]er, with a 30% increase in consumption of fruits and vegetables. This [illegible]ght M[illegible]tion. She realized that her sporadic eating habits might be the re[illegible]ing energy.

Eager to change, Maya propose[illegible] wee[illegible]g session to her family. Initially hesitant, her family agreed. Together, [illegible]hoose[illegible], nutritious recipes that everyone could help prepare. Maya was surpri[illegible] learn[illegible] basic cooking skills could lead to delicious and healthy meals.

The first dish they tried was a vibrant vegetable stir-fry. Ma[illegible] was[illegible] chopping the vegetables, a task she found therapeutic. As the we[illegible]pa[illegible]ese cooking sessions became a cherished family activity. Maya felt her ene[illegible]evels surge, not just from the healthier food, but from the joy of spending quality time with her family.

Through meal planning and cooking, Maya and her family discovered new dishes, shared laughs, and strengthened their bond. More importantly, Maya learned that healthy eating was not just about what you eat but how you prepare it and who you share it with. This lesson was one she planned to carry with her, both on and off the basketball court.

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D2.1

Questions

Answer the questions below.

1) How can family meal planning and preparation influence energy levels?

2) What are some benefits of involving the entire family in meal planning?

True or False

Are the statements true or false?

1) Family meal planning can improve energy levels.	True	False
2) Cooking skills are unrelated to healthy eating.	True	False
3) Meal planning reduces fruit and vegetable consumption.	True	False
4) Everyone can participate in meal planning and preparation.	True	False
5) A vegetable stir-fry is an example of a nutritious recipe.	True	False

Connecting

Write the recipe for a healthy meal you could make.

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D2.1

Family Meal Planning

Objective

What are we learning about?

Students will understand the importance of balanced meal planning and develop skills to incorporate a variety of healthy foods into weekly meal plans.

Materials

What will you need for the activity?



- Pape[illegible] represent each day of the week
- M[illegible]printed images of various foods
- M[illegible]s or col[illegible]cils
- Blank weekly [illegible]ing template
- Informatio[illegible]e[illegible]food [illegible]and healthy eating guideli[illegible]

Instructions

How will y[illegible]lete[illegible]ty?

1. Start with a brief discussion about [illegible]nefits [illegible]hy eating and the components of a balanced meal.
2. Assign students to small family groups. Han[illegible]me[illegible]plate and materials to create the meal plates to each group.
3. Each group plans family meals for 1 week. Make sure st[illegible]its [illegible]and Canada's food guide, budget and time needed to prepare the m[illegible]s consider use of leftovers in their meal planning.
4. Groups use the magazine cutouts to select foods, ensuring they meet the balanced diet criteria. Each member of the group creates one of the meals they planned on a paper plate to present to the class.
5. Each group discusses their meal choices, focusing on variety and nutritional value.
6. Each group fills in the weekly meal planning template with the chosen meals for breakfast, lunch, and dinner.
7. Present meal plans to the class, explaining their choices.
8. Discuss potential challenges and solutions in family meal planning.

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Meal Planning Write what you will eat for each meal. Check off if the meal includes fruits/vegetables, grains, and/or protein.

	Breakfast	Lunch	Dinner
Monday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Tuesday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Wednesday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Thursday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Friday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Saturday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein
Sunday	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein	☐F/V ☐Grains ☐Protein

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Weekly Totals	Fruits and Vegetables		Grains		Protein	

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D2.1

Nutrition and Mental Health

The Link Between Eating and Feeling



Nutrition and mental health are closely connected, more than we might think. What we eat doesn't just affect our physical health but our feelings and thoughts too. This connection is due to the way certain foods influence our brain's function and, in turn, our mood and mental abilities.

Key Nutrients for a Healthy Mind

To understand how nutrition impacts mental health, let's look at some essential nutrients:

- Omega-3 Fatty Acids: Found in fish like salmon and seeds like flaxseed, omega-3s are crucial for brain health and can help improve mood and are linked to a lower risk of depression.
- Vitamins and Minerals: Vitamin B12, folate, and D, along with minerals like iron and magnesium, play significant roles in brain function, regulation and preventing mood disorders. For example, deficiencies of Vitamin B12 have been linked to depression.
- Antioxidants: Foods rich in antioxidants, such as berries and leafy greens, protect the brain from stress and inflammation, which can affect mood and mental well-being.

How Food Affects Our Feelings

Certain foods can directly impact our mood and cognitive function:

- Sugar and Processed Foods: High consumption of these can lead to mood swings and may contribute to the development of disorders such as depression and anxiety.
- Complex Carbohydrates: Foods like whole grains release glucose slowly, providing a steady energy source, helping maintain a stable mood.

Feeding Your Brain

Making wise choices about what we eat can support our mental health. Here's a simple list to keep in mind:

- Eat plenty of fruits, vegetables, and whole grains.
- Include sources of omega-3 fatty acids in your diet.
- Limit intake of processed foods and sugary snacks.

Understanding the connection between nutrition and mental health can empower us to make choices that support both our physical and mental well-being.

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True or False

Is the statement true or false?

1) Omega-3 fatty acids are found in salmon.	True	False
2) Antioxidants can increase brain stress and inflammation.	True	False
3) Sugar consumption can lead to stable moods.	True	False
4) Leafy greens are rich in antioxidants.	True	False
5) Processed foods are good for mental health.	True	False

Direction

many foods as you can that help improve your mood and support
health.

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Questions

Answer the questions below.

1) What role do vitamins B12 and D play in mental health?

2) What effect does consuming high amounts of sugar have on mood?

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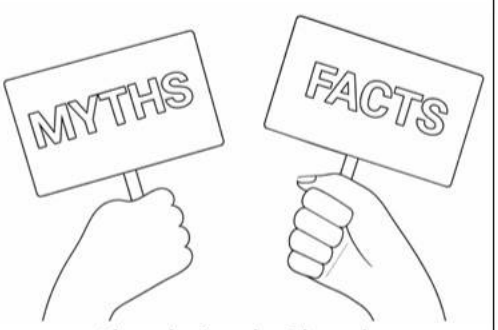
D2.1

Nutrition Myths and Facts

Understanding Nutrition

Nutrition is the study of how food affects the health and well-being of our bodies. It's essential to know what's true and what's not to make informed decisions about our diet. Let's explore some common myths and uncover the facts.



Myth 1: Skipping Meals Helps Lose Weight

Many belie[illegible]at skipping meals, especially breakfast, can help lose w[illegible]owever, this practice can actually lead to overeating later in the day. Eating re[illegible]s helps maintain a balanced metabolism.

- Fa[illegible]meals throughout the day supports weight management more e[illegible]ly than [illegible]meals.

Myth 2: All Fat[illegible]

The notion that a[illegible]e harm[illegible]ould be avoided is one of the most common nutrition myths.

- Fact: Our bodies need[illegible]energy, [illegible]wth, and to absorb certain nutrients. The key is to choose healthy [illegible]tho[illegible]vocados, nuts, and fish, instead of saturated and trans fats.

Myth 3: Carbohydrates Make You Gain W[illegible]

Carbohydrates have been wrongly accused of ca[illegible]weight[illegible]e truth is, they are a primary energy source for our bodies.

- Fact: Incorporating a balanced amount of whole [illegible], and [illegible]bles provides the energy and nutrients needed without contributin[illegible]t ga[illegible]

Debunking Myths with Facts

Let's break down some facts to counter common misconceptions:

- Balanced Diet: Eating a variety of foods from all food groups is crucia[illegible]aintaining health.
- Hydration: Drinking enough water is essential for overall health, not just sodas or sugary drinks.
- Moderation is Key: It's not about eliminating foods but about balancing what we eat.

Critical Thinking in Nutrition

Encouraging critical thinking about nutrition involves questioning where our information comes from and understanding the science behind food choices. By learning how to differentiate between myths and facts, you can make healthier decisions that support your body and well-being. Always remember, what works for one person might not work for another, so it's important to listen to your body and consult with healthcare professionals when making significant changes to your diet.

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D2.1

True or False Is the statement true or false?

1) Skipping meals is an effective weight loss strategy.	True	False
2) Drinking water is crucial for overall health.	True	False
3) All fats are harmful and should be avoided.	True	False
4) Healthy fats are found in avocados and nuts.	True	False
5) Eating balanced meals can help manage weight.	True	False

Question Answer the questions below.

1) Why are some fats considered healthy, and can you name two sources?

2) Why is hydration important, and how does it affect health?

PREVIEW

Direction Check the statements that show FACTS about

1) Skipping meals helps you lose weight.	
2) Eating balanced meals supports healthy weight.	
3) All fats are bad for your body.	
4) Healthy fats are important for the body.	
5) Carbohydrates always cause weight gain.	
6) Carbohydrates provide energy for the body.	
7) Drinking water is important for health.	
8) Only sugary drinks can keep you hydrated.	

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D2.1

Vegetarian and Vegan Diets

What Are Vegetarian and Vegan Diets?



Vegetarian and vegan diets are plant-based eating plans that exclude certain animal products. Vegetarians do not eat meat, while vegans avoid all animal products, including dairy, eggs, and honey. These diets are chosen for health, environmental, or ethical reasons.

Nutritional Benefits

Vegetarian and vegan diets are rich in fruits, vegetables, legumes, nuts, and whole grains, which provide a high intake of dietary fibre, vitamins C and E, and magnesium. These nutrients are essential for maintaining good health and preventing chronic disease.

Meeting Dietary Needs

One common concern about these diets is getting enough protein, vitamins, and minerals that are typically found in animal products. However, with careful planning, it's possible to meet all your dietary needs on a vegetarian or vegan diet. Here are some key nutrients and where to find them:

- Protein: Essential for building and repairing tissues. Plant-based sources include lentils, chickpeas, tofu, quinoa, and nuts.
- Calcium: Needed for strong bones and teeth. Found in leafy greens, fortified plant milks, almonds, tahini, and green leafy vegetables.
- Iron: Important for blood production. Found in lentils, chickpeas, quinoa, pumpkin seeds, and fortified cereals.
- Vitamin B12: Necessary for nerve function and blood formation. Vegans should consider fortified foods or supplements, as B12 is naturally found in animal products.
- Omega-3 Fatty Acids: Important for heart and brain health. Sources include flaxseeds, chia seeds, and walnuts.

Challenges and Considerations

While vegetarian and vegan diets can provide numerous health benefits, it's important to be aware of potential nutritional deficiencies. Planning meals and snacks that include a variety of foods is crucial to ensure all nutritional needs are met. Supplements may be necessary for some individuals to ensure adequate intake of vitamin B12, iron, and omega-3 fatty acids.

By understanding these aspects of vegetarian and vegan diets, students can learn about the importance of dietary choices and how they impact health and the environment.

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True or False

Is the statement true or false?

1) Vegans avoid all animal products.	True	False
2) Vegan diets lack dietary fibre.	True	False
3) Tofu is a good source of protein.	True	False
4) Vitamin B12 is found in plant foods.	True	False
5) All nutr needs are met easily with planning.	True	False

Que ıy

two questions you have about the text.

1)	
2)	

Questions

Answer the questions belo

1) What are two reasons people choose vegetarian or vegan s?

2) Why is vitamin B12 important, and how can vegans ensure they get enough of it?

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Curriculum Connection
D2.1

Healthy Snacking

Elevating Energy Levels

Date: March 01, 2024 Author: By: Sara Jennings *3-minute read*

In today's fast-paced lifestyle, maintaining high energy levels is essential, but often challenging. Healthy snacking plays a pivotal role in this endeavour, offering a sustainable source of fuel that keeps our bodies and minds sharp. Rather than reaching for sugary [illegible]ts or caffeine, opting for nutritious snacks can provide a steadier source of energy, [illegible] the dreaded crash. Incorporating foods like almonds, Greek yogurt, or sliced [illegible] our daily routine can make a significant difference in our overall vitali[illegible]

Understa[illegible]ding th[illegible]ety[illegible]en convenience and nutrition is key to healthy snacking. It's [illegible]st [illegible]t ch[illegible] healthy options, but also about having them readily available. [illegible]ing s[illegible]as veggie sticks with hummus, or whole grain toast with avocado in [illegible]ve quick access to energy-boosting nutrients without compr[illegible] taste[illegible]th. This strategic approach to snacking can significantly enhance our [illegible]ro[illegible] well-being.

The impact of healthy snacking on our [illegible] level[illegible]t be overstated. It supports not only our physical health but our me[illegible]al acuity[illegible]blin[illegible]o tackle our tasks with renewed vigour. By making informed choices [illegible]he sn[illegible]nsume, we empower ourselves to lead a more energetic a[illegible]fillin[illegible]

Regards,
Sarah Jennings

Comments:



Ethan Clark, March 04, 2024

Embracing healthy snacking has transformed my workdays. It's amazing how the right food choices can elevate energy and focus.

Like Reply 4h ago



Leah Nguyen, March 01, 2024

Absolutely agree with the benefits of healthy snacking. It's also a great way to introduce variety and nutrition into our diets, making eating well more enjoyable and sustainable.

Like Reply 3d ago

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Healthy snacks can prevent an energy crash.	True	False
2) Sugary treats are recommended for steady energy.	True	False
3) Almonds are a good snack for energy.	True	False
4) Hummus and veggie sticks boost productivity.	True	False
5) Snacking on candy bars is beneficial.	True	False

Questi

swer the questions below.

1) What is a ma ch g healthy snacks over sugary treats?

2) How does healthy snacking impact mental acui phys lth?

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Define

What do the terms below mean?

Energy Levels	
Nutritious Snacks	

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Curriculum Connection
D2.1

The Sugar Debate

Sweet or Sour? Understanding Sugar



Sugar is a carbohydrate found in many of the foods and drinks we enjoy. It's not just in desserts and candies; sugar hides in places you might not expect, like bread, sauces, and even some packaged fruits and vegetables. While sugar can make foods taste better, consuming too much has been linked to various health issues.

Sugar and Health

When we eat sugar, our bodies use it for energy. However, eating too much sugar can lead to health problems such as weight gain, tooth decay, and increased risk of diseases like type 2 diabetes, heart disease, and certain cancers. It can also lead to higher levels of bad cholesterol and lower levels of good cholesterol.

How Much Is Too Much?

Health experts have set guidelines to help understand how much sugar is safe to consume. For children and teenagers, the recommended limit is no more than 25 grams (or 6 teaspoons) of added sugar per day. Added sugars are those not naturally occurring in foods but added during processing or cooking.

Tips for Reducing Sugar Intake

Reducing sugar intake doesn't have to be a daunting task. Here are some simple strategies to help you cut back:

- Read Food Labels: Look for terms like glucose, fructose, and sucrose, which are all forms of sugar. Pay attention to the total sugar content per serving.
- Choose Natural Sweeteners: Opt for natural sources of sweetness like fruits. Adding berries to your cereal or yogurt is a great way to sweeten them without added sugars.
- Drink Smart: Prefer water, milk, or unsweetened beverages over sugary drinks. If you like flavoured drinks, try adding a slice of lemon or lime to water.
- Cook at Home: Preparing meals at home allows you to control the amount of sugar added to your food.
- Snack Wisely: Choose snacks that are low in added sugars, such as nuts, cheese, or yogurt.

By becoming more aware of the sugars in our diet and making small changes, we can significantly impact our overall health. Remember, the goal isn't to eliminate sugar completely but to enjoy it in moderation as part of a balanced diet.

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Eating too much sugar can lead to weight gain.	True	False
2) Sugar is only found in sweets and desserts.	True	False
3) Drinking water is preferred over sugary drinks.	True	False
4) Added sugars are naturally occurring in all foods.	True	False
5) Reading food labels can help reduce sugar intake.	True	False

Spot the

Put a ✓ next to the foods that contain added sugars.

❑ Candy	❑ White bread	❑ Soda
❑ Apples	❑ Yogurt	❑ Milk
❑ Chocolate cake	❑ Breakfast cereal	❑ Orange juice (packed)
❑ Chips	❑ Flavored yogurt	❑ Ice cream

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Questions

Answer the questions below.

1) What are two health problems linked to excessive sugar consumption?

2) Why is it important to choose snacks wisely in terms of sugar content?

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Curriculum Connection
D2.1

Activity – The Sugar Debate

Objective

What are we learning about?

Students will analyze the effects of sugar on health and develop critical thinking and communication skills through a structured debate.

Materials

What will you need for the activity?

- P[illegible]ugar Debate
- N[illegible]ok and
- Timer (optio[illegible]



Instructions

How [illegible]you [illegible]ctivity?

1. Begin by reviewing the a[illegible] Th[illegible]te", and discussing key ideas about sugar, including its benefits and ri[illegible]
2. Divide the class into two groups: Te[illegible]n A: Su[illegible]an b[illegible]t of a healthy diet if eaten in moderation . Team B: Sugar shou[illegible]compl[illegible]ded in a healthy diet.
3. Give each group time to prepare their arguments [illegible]orma[illegible]rom the article. Students may list reasons, examples, and supp[illegible]ng f[illegible]
4. Each team selects speakers who will present their ideas cle[illegible]ently to the class.
5. Conduct the debate by allowing each team to present an opening statement, followed by sharing their main arguments, and then responding to the opposing team's ideas.
6. Encourage respectful listening while students take notes on important points shared during the debate.
7. After the debate, guide a class discussion about which arguments were strong and what students learned from both sides.
8. Conclude the activity by asking students to reflect on how they can make healthier choices about sugar in their daily lives.

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Curriculum Connection
D2.1

Instruction	Answer the questions based on the article.

Part 1: Understanding the Topic	
What is sugar and where can it be found?	
What are some health problems caused by [illegible] much sugar?	
How mu[illegible] is recommended per day f[illegible]nagers?	
[illegible]art 2: Preparing Your Argument	
Write at least 3 stro[illegible] support your team's pos[illegible]	
Part 3: Evi[illegible]ce and [illegible]mple	
List facts or examples from the article to support your argument.	
Part 4: Responding to the Other Team	
What might the other team say?	
How will you respond to their argument?	
Part 5: During the Debate	
Write down one strong point from the other team:	
Write one new idea you learned:	

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Curriculum Connection
D2.1

Physical Activity and Nutrition

The Power of Physical Activity
Physical activity is essential for staying healthy, feeling good, and having energy for all the fun and work in your day. It's not just about sports; activities like walking, cycling, dancing, or even playing in the park count. For young people like you, it's recommended to get at least 60 minutes of physical activity each day. This helps maintain a healthy heart, muscles, and bones, and even improves mood and concentration.

Nutrition: r Your Adventures
Think of y as a car. Just as cars need the right fuel to run smoothly, your body needs n perform well, especially when you're active. Eating a balanced diet i ty of foods:

- Fruits and Ve m a rainbow of colours to get a wide range of vitamins and minera
- Proteins: Food chick s, and lentils help repair and build muscle, especially importa
- Whole Grains: Foods grai ce, and pasta provide energy that lasts longer, keeping you g hro
- Dairy or Alternatives: These are gr es o um, which is crucial for strong bones and teeth.

Building Muscle with Nutrition
To grow muscle, your body needs protein. Protein locks for repairing and building muscle tissues, especially afte you've been active. Foods that are high in protein include:



- Chicken and turkey
- Fish, such as salmon and tuna
- Dairy products like milk, cheese, and yoghurt
- Plant-based options like beans, lentils, and tofu

Combining regular physical activity with the right balance of proteins, carbohydrates, and fats ensures your body has what it needs to grow stronger. Remember, staying hydrated with plenty of water is also key to both your physical activity and nutrition plan.

By understanding the relationship between physical activity and nutrition, you can make choices that support your health and help you feel your best every day. Whether you're in a sports team, enjoy bike rides, or like a dance-off in your room, fueling your body correctly will help you do your best and grow stronger.

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Physical activity is only about playing sports.	True	False
2) A balanced diet includes a variety of fruits.	True	False
3) You should drink plenty of water for hydration.	True	False
4) Proteins are not important for building muscle.	True	False
5) Whole grains provide energy that lasts longer than energy from sugary foo	True	False

Direction

label foods that help your body before and after physical activity.

PREVIEW

Questions

Answer the questions below.

1) Why is protein important after physical activity?

2) How does a balanced diet support physical health?

Name: _____ 91

Curriculum Connection
D3.1

Activity: Taste Exploration Role Play

Objective

What are we learning about?

Help students understand how taste influences food choices and practise making healthier decisions by exploring different taste preferences.



Materials

What will you need for the activity?

- Sc[illegible]o cards [illegible]aste situations (e.g., choosing between sweet vs. healthy foods, tryi[illegible]rs, [illegible]nfluence on food choices)
- Simple props ([illegible]al: fo[illegible], menus, containers, etc.)
- Open space for role-[illegible]

Instructions

How will you complete [illegible]ivity?

1. Prepare scenario cards that show situation[illegible]ed to [illegible]food choices (e.g., choosing sugary snacks, trying vegetables, p[illegible]ring [illegible]f[illegible], exploring new flavours).
2. Begin with a short discussion about the five basic tastes [illegible]eet, [illegible], and umami) and how they affect our food preferences.
3. Divide students into small groups and give each group one scenario.
4. Allow groups time to read their scenario and plan a short role play showing both the situation and a healthier or balanced food choice.
5. Students perform their role play while classmates observe how taste preferences influenced the decisions.
6. After each performance, discuss what taste was involved and how students made healthier choices.
7. Conclude with a reflection on how understanding taste can help improve eating habits and encourage trying new foods.

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Curriculum Connection
D3.1

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Trying New Foods	During lunch, your friend refuses to try vegetables or new dishes and only eats familiar junk food. They say healthy food tastes bad. They seem unwilling to explore new flavours. What do you do?
Peer Pressure to Eat Unhealthy Snacks	friend says they don't like how they look because their ody is ing. They avoid joining activities and compare hem s rs. They feel embarrassed and insecure. W u do
Skipping Meals	Your friend often skips b fast nch because they are too busy or not hungr y fe ve low energy in class. What do you do?
Overeating Junk Food	Your friend eats a lot of fast food after schoo d says it helps them feel better when stressed. They are starting to feel unhealthy but don't know how to stop. What do you do?
Food Allergies Concern	Your friend has a food allergy but feels shy about telling others. They worry about being judged or left out during meals. What do you do?

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Name: _____ 93

Curriculum Connection
D3.1

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Following Food Trends Online	Your friend follows diet trends from social media that are not healthy or balanced. They believe everything they see online and start skipping important nutrients. What do you do?
Low Energy and Poor Diet	Your friend feels tired all the time and struggles to focus in class. They usually eat processed snacks and rarely eat fruits or vegetables. What do you do?
Not Drinking Enough Water	Your friend prefers sugary drinks and rarely drinks water. They complain about headaches and feel tired during the day. What do you do?
Fear of Trying Healthy Options	Your friend says healthy food is boring and refuses to try anything new, even when given options. They stick to unhealthy choices out of habit. What do you do?
Balancing Taste and Health	Your friend loves sweet and salty foods and avoids healthier options. They think healthy food cannot taste good. What do you do?

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Curriculum Connection
D3.1

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Circle the face that matches how the statement relates to healthy taste choices.

1) Trying new healthy foods like vegetables.		
2) Only eating sugary and salty foods		
3) Learning to enjoy natural flavours over time.		
4) Choosing a variety of foods for better health.		

Name: _____

Circle the face that matches how the statement relates to healthy taste choices.

1) Trying new healthy foods like vegetables.		
2) Only eating sugary and salty foods		
3) Learning to enjoy natural flavours over time.		
4) Choosing a variety of foods for better health.		

Name: _____

Circle the face that matches how the statement relates to healthy taste choices.

1) Trying new healthy foods like vegetables.		
2) Only eating sugary and salty foods		
3) Learning to enjoy natural flavours over time.		
4) Choosing a variety of foods for better health.		

Name: _____

Circle the face that matches how the statement relates to healthy taste choices.

1) Trying new healthy foods like vegetables.		
2) Only eating sugary and salty foods		
3) Learning to enjoy natural flavours over time.		
4) Choosing a variety of foods for better health.		

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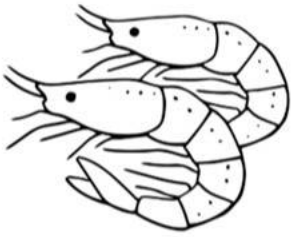
Curriculum Connection
D3.1

Overcoming Food Allergies

Understanding Food Allergies and Intolerances
Food challenges like allergies and intolerances can make eating a bit tricky, but understanding them is the first step to managing your diet safely and healthily. A food allergy involves the immune system and can cause serious reactions, while an intolerance usually affects digestion and is less severe.

Common Culprits
The most f[illegible]ent food allergies include:
- Nuts (e[illegible]y peanuts)
- Shel[illegible]
- D[illegible]
- Egg[illegible]
- Soy
- Wheat







Intolerances often in[illegible]e fo[illegible]actose intolerance) and grains that contain gluten.

Healthy Eating with Restriction[illegible]
Maintaining a balanced diet when you h[illegible]od cha[illegible]s requires a bit of creativity and planning. Here's how you can ensu[illegible]ou're g[illegible]the[illegible]ients you need:

- Read Labels: Always check food labels for[illegible]tial a[illegible]e
- Find Substitutes: Use alternatives for common[illegible]e[illegible]or exa[illegible] almond milk instead of cow's milk, or gluten-free flour instead[illegible]s flou
- Focus on Variety: Concentrate on the wide range of fo[illegible]u c[illegible] vegetables, lean meats, and many grains are safe for most die[illegible]
- Prepare Your Own Meals: Cooking at home lets you control wh[illegible]go[illegible]your food.

Tips for Success
- Keep a food diary to track what you eat and how it affects you.
- Learn to recognize symptoms of a reaction and know what to do in case of an emergency.
- Educate friends and family about your food challenges to make social situations easier.

By understanding your dietary restrictions and planning accordingly, you can enjoy a wide variety of nutritious and delicious foods while managing your health effectively. Remember, focusing on what you can eat rather than what you can't is key to a positive outlook and a healthy diet.

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Name: _____ 96

Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) Food allergies involve the immune system.	True	False
2) Food intolerances are more severe than allergies.	True	False
3) Peanuts are a common food allergy.	True	False
4) Reading food labels can help you manage allergies.	True	False
5) All proteins come from animal products.	True	False

Direction

...fe choices and ✗ for unsafe choices for people with food allergies.

	Checkin... bef...ating		Choosing safe alternatives
	Eating witho...ckin...e...		Eating trigger foods
	Asking about allerg...		Telling others about your allergy
	Ignoring allergy warnings		...g your allergy
	Knowing symptoms		...orin...stions

PREVIEW

Questions

Answer the questions below.

1) What's the difference between a food allergy and a food int...eran...

2) Why is it important to read food labels if you have food allergies?

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Curriculum Connection
D3.1

Healthy Eating on a Budget

Smart Shopping Strategies



When it comes to eating healthily on a budget, smart shopping is key. Planning ahead and knowing what to buy can make a big difference in how much you spend on food. Here are some strategies to help you save money while still eating nutritious meals:

- Make a Shopping List: Before heading to the grocery store, write down everything you ne[illegible]s helps you stick to your budget and avoid buying items you don't really
- Buy [illegible]ing items like rice, pasta, and dried beans in bulk can save m[illegible] lo[illegible]hese staples have a long shelf life and can be used in mult[illegible] meal
- Choose Se[illegible]t [illegible]uce: [illegible] and vegetables that are in season are usually less expensive an[illegible]r. The[illegible] great way to add variety to your meals throughout the y
- Look for Sales and U[illegible]pons: Ke[illegible]e on store flyers for sales and collect coupons for additional s[illegible] fo[illegible]e

Meal Planning Magic

Meal planning is a fantastic way to eat [illegible]thily an[illegible]e m[illegible]y. By planning your meals for the week, you can make sure you're [illegible]ll the[illegible]nts you buy, reducing waste and saving time. Here's how to [illegible]arte

- Plan Your Meals Around Sales: Check grocery [illegible]for wh[illegible]n sale and plan your meals around these items.
- Cook in Batches: Prepare and cook meals in large quan[illegible]s. Yo[illegible] portions for later, saving both time and money.
- Use Leftovers Wisely: Get creative with leftovers. A roast chick[illegible], fo[illegible]ple, can be used for sandwiches, salads, or soups.

Healthy Eating on a Budget

- Proteins: Choose less expensive protein sources like lentils, chickpeas, and canned fish. These can be just as nutritious as more costly meat options.
- Vegetables and Fruits: Frozen vegetables and fruits can be more affordable and are just as nutritious as fresh ones.
- Whole Grains: Opt for whole grains like brown rice and whole wheat pasta. They're more filling and have more nutrients than their refined counterparts.

Make sure, eating healthily doesn't have to break the bank. With some planning and smart shopping, you can enjoy delicious and nutritious meals that are also easy on your wallet.

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Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) Buying in bulk is a way to save money.	True	False
2) Fresh vegetables are cheaper than frozen ones.	True	False
3) Planning meals around sales can reduce food costs.	True	False
4) Coupons have no impact on saving money on food.	True	False
5) Cooking in batches can save both time and money.	True	False

Question

Answer the questions below.

1) Wh[illegible]he bene[illegible]ng a shopping list before going to the grocery store?

2) How does meal planning help [illegible]eatin[illegible]budget?

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Direction

Draw or write the healthy foods you would put in your sh[illegible]p
explain why you chose those foods.



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Curriculum Connection
D2.1, D3.1

Memory Game: Healthy Habits

Objective What are we learning about?

To reinforce the understanding of healthy eating habits and their specific benefits, encouraging students to make informed daily health choices.

Materials What you will need for the activity.

- [illegible] printed [illegible] ock
- Markers, s[illegible]
- List of healt[illegible]s and [illegible]fic benefits
- Timer (optional)



Instructions How you will comp[illegible]e activ[illegible]

1. Divide the class into groups of 3 or 4. Give [illegible] roup[illegible] [illegible]ory Game cards. (Provided)
2. Have each group lay all the cards face down in a grid [illegible]ble.
3. The students take turns flipping over two cards at a time, trying [illegible]ching term and its definition.
4. If a student finds a match, they remove those cards from the grid and keep them.
5. If the cards do not match, they are turned back over, and the next student takes a turn.
6. The game continues until all the cards have been matched.
7. After the game, review the terms and definitions with the class.
8. Discuss why these terms are important to understand and how they relate to healthy eating.

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Curriculum Connection
D2.1, D3.1

Cards | Collection of Healthy Habits and Their Specific Benefits

Healthy Habits	Benefits
Healthy Eating	Choosing foods that are good for your body's health.
Stay Hydrated	Drinking enough water to keep your body properly hydrated.
Getting recommended daily amount of Vitamins	Nutrients your body needs to function correctly, found in foods.
Daily Physical Activity	Moving your body to keep it strong and healthy.
Getting Enough Sleep	Resting enough each night to allow your body to recover and stay healthy.

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Name: _____ 113

Curriculum Connection
D2.1, D3.1

Cards | Collection of Healthy Habits and Their Specific Benefits

Healthy Habits	Benefits
Maintaining Mental Wellbeing	Taking care of your mind and emotions to stay happy and balanced.
Portion Control	Eating the right amount of food for your body's needs.
Eating a Rainbow of Fruits and Vegetables	Eating a variety of these to get essential nutrients.
Choosing Whole Grains instead of processed white flour foods.	Choosing grain foods that are more natural and less processed.
Eating recommended daily amount of Protein	Eating foods that help build and repair body tissues.

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Curriculum Connection
D2.1, D3.1

Cards | Collection of Healthy Habits and Their Specific Benefits

Healthy Habits	Benefits
Limiting Sugars	Reducing the amount of sugar you consume to stay healthy.
Choos[illegible]lthy	Choosing fats that are good for your heart and overall health.
Eating Calcium-Rich Foods	Ea[illegible] foo[illegible]igh in calcium to sup[illegible]t[illegible] health.
Eating Fibre-rich foods	Consuming foods h[illegible] in fibre to aid digestion and health.
Mindful Eating	Being aware of what and how much you eat to maintain health.

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Unit Test – Healthy Eating

Multiple Choice /10

1. Sodium refers to... a) Protein levels b) Cholesterol levels c) Vitamin l[illegible]els d) Salt leve[illegible]	2. How should adolescents' plates be divided according to the Guide? a) Mostly proteins b) Mostly fruits and vegetables c) Equal parts of all categories d) Mostly whole grains
3. What i[illegible]s[illegible]e of energy in our diet? a) Protei[illegible] b) Carbohydrat[illegible] c) Fats d) Vitamins	4. Which vitamin helps absorb calcium? a) Vitamin A b) Vitamin B12 c) Vitamin C d) [illegible]itamin D
5. What is a significant source o[illegible]ga-3 fatty acids? a) Salmon b) Beef c) Pork d) Chicken	[illegible]neral is crucial for healthy blood? a) Ca[illegible] b[illegible] c) Ma[illegible]e d) Zinc
7. Which is **not** a new technological food advancement? a) Plant-based proteins b) Lab grown meat c) Eating robotic plants and animals d) Vertical farming	8. What should m[illegible]ake u[illegible]he[illegible]n every meal for adoles[illegible] a) Whole grains b) Proteins c) Fruits and vegetables d) Dairy products
9. Which of these is not a main group in Canada's Food Guide? a) Fruits and Vegetables b) Whole Grains c) Processed Foods d) Proteins	10. What is the role of antioxidants in our diet? a) Increase energy levels b) Protect cells against damage c) Promote weight gain d) Decrease muscle mass

PREVIEW

Define What do the terms below mean?

Term	Definition – What does it mean?
Macronutrients	
Micronutrients	
Fo[illegible]	

Short Answer Answer the questions below – Each question is worth 3 marks.

1) Why is it important to unde[illegible] the [illegible]isted on food labels?

2) Describe the Canada Food Guide and how it helps us make [illegible]althy [illegible]

3) Are all sugars bad for you? Explain.

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Long Answer	Answer the questions below – Each question is worth 5 marks.

1) In what ways does food marketing influence teenagers' food choices, and why is it important for them to develop critical thinking skills regarding food advertisements?

2) Explain what mindful eating is and how mindfu[illegible]ng h[illegible]ition?

PREVIEW