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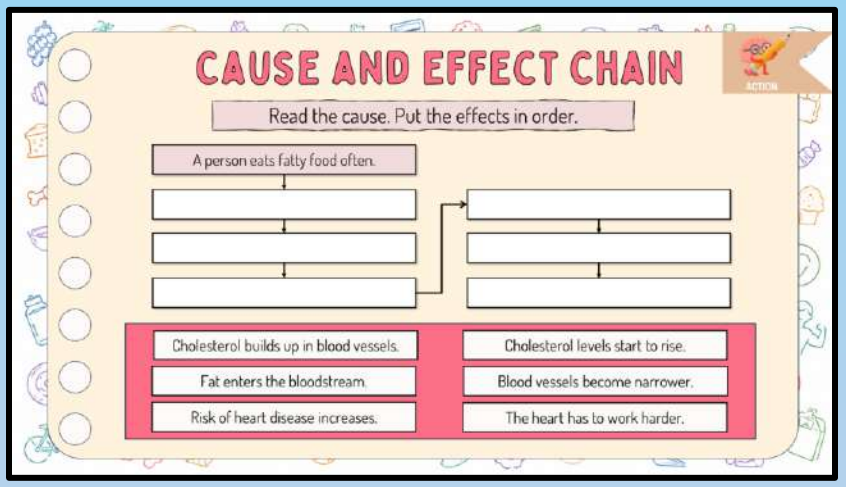
Ontario Health Curriculum
Healthy Eating– Grade 7

3-Part Lesson Format

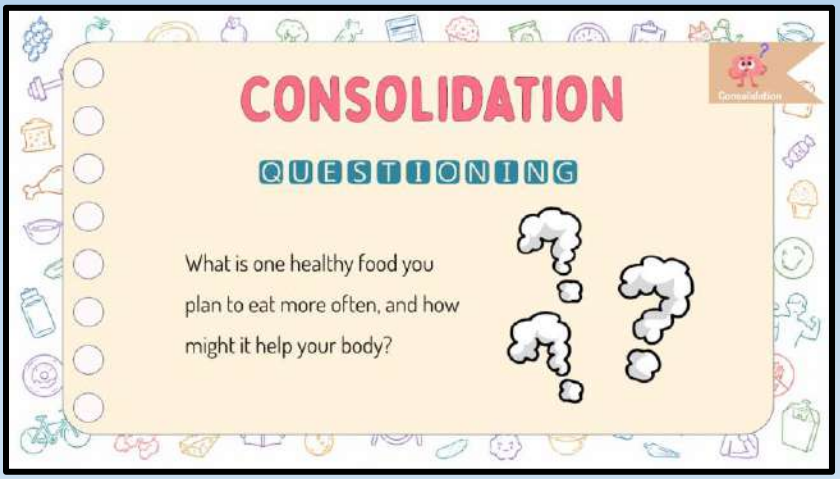
Part 1 – Minds On!
- Learning Goals
- Discussion Questions
- Quotes
- And More!



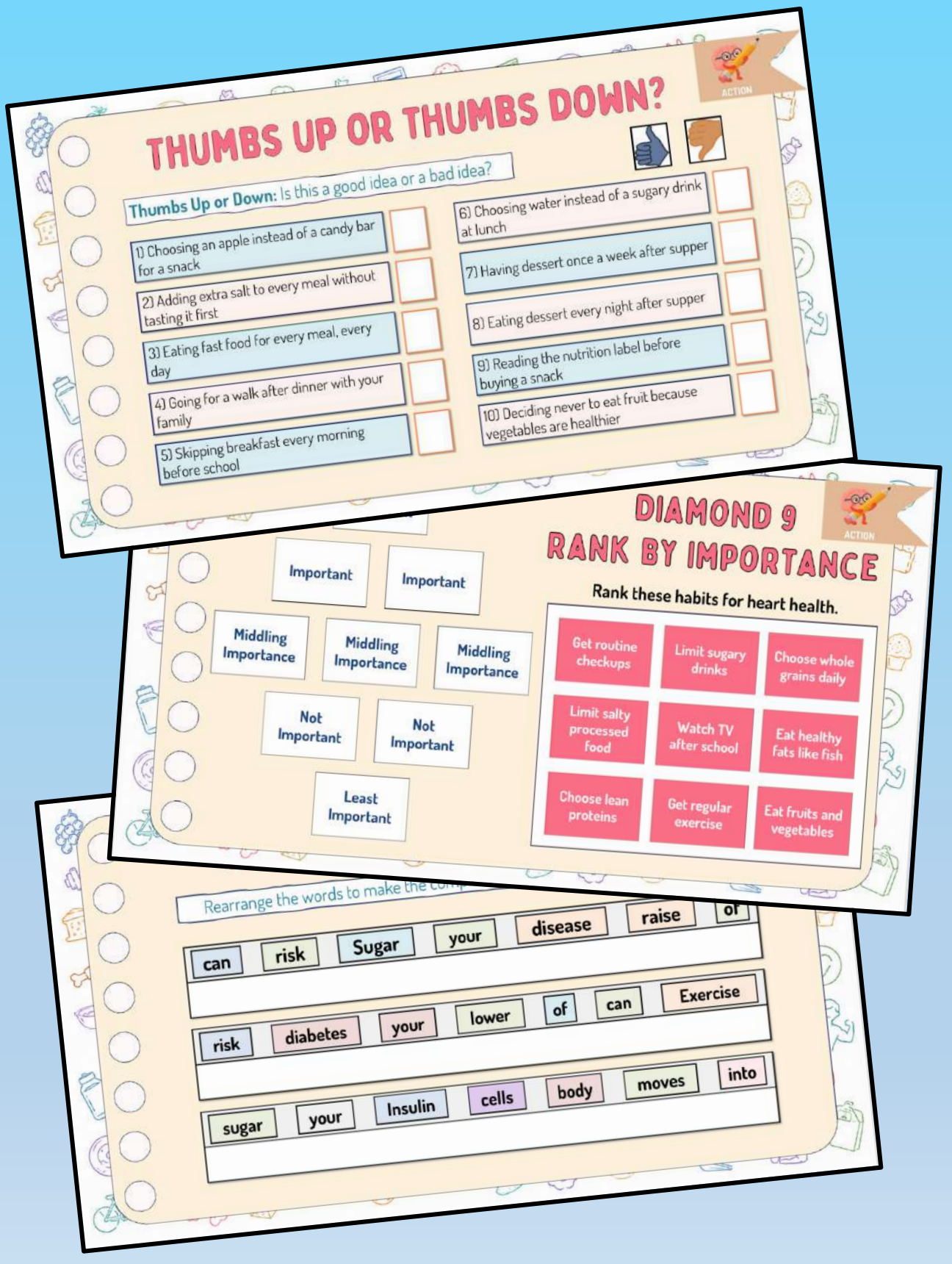


Part 2 – Action!
- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

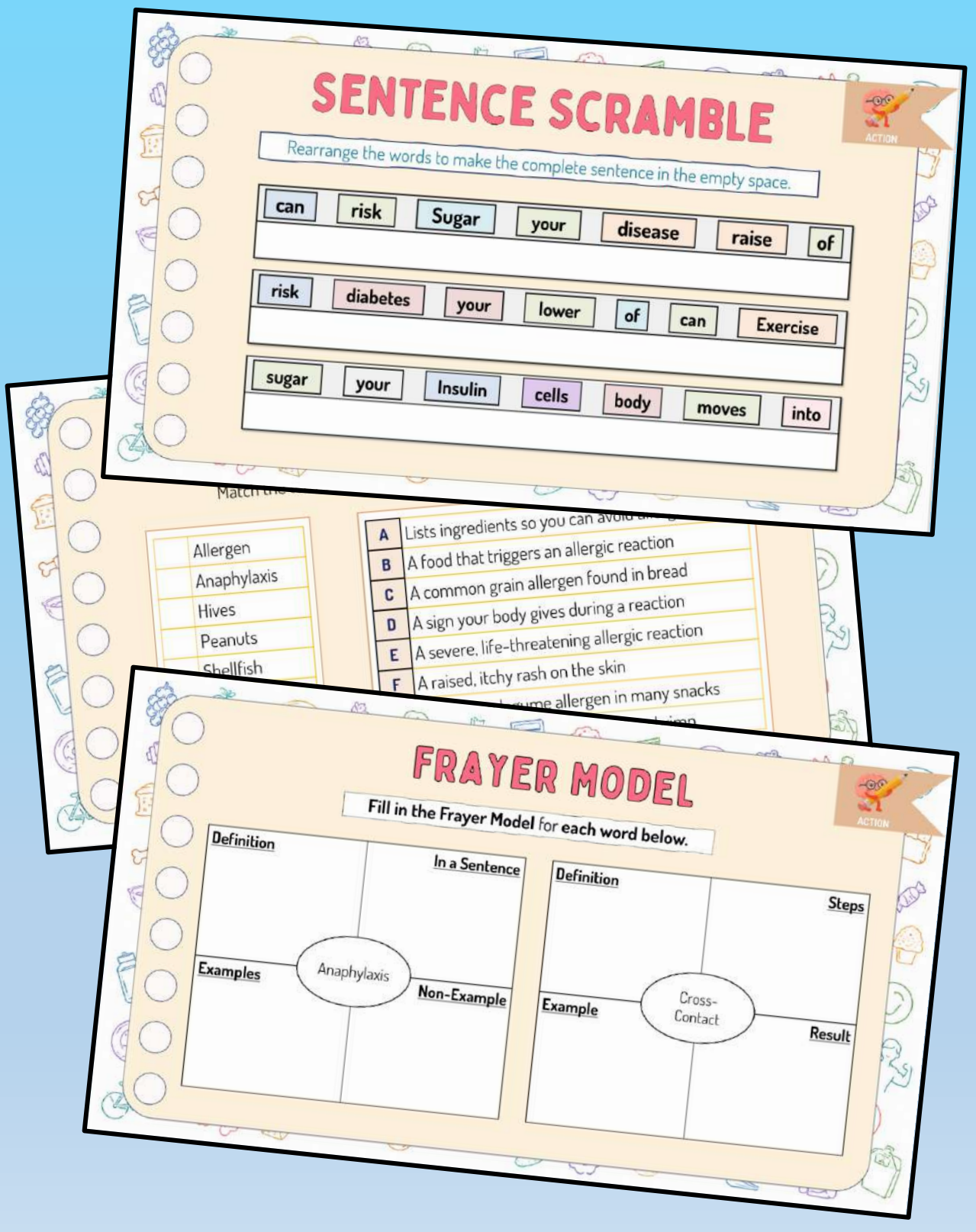
Part 3 – Consolidation!
- Exit Cards
- Quizzes
- Reflection
- And More!



Ontario Health Curriculum
Healthy Eating– Grade 7



Ontario Health Curriculum
Healthy Eating– Grade 7



Workbook Preview

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Grade 7 – Health Unit

Healthy Eating

	Curriculum Expectations	Pages
D2.1	demonstrate the ability to develop healthier eating	
D3.1	demonstrate an understanding of personal and external factors that affect people's food choices and eating habits (e.g., personal: likes and dislikes, basic food skills, busy schedules, food allergies or sensitivities, health conditions, personal values, cultural practices or teachings; external: family or household budget, cost of foods, access to clean drinking water, type of food available at home, at school, or in the community), and identify ways of encouraging healthier eating practices	80 - 170

Preview of 100 pages from this product that contains 228 pages total.

Healthy Eating



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Name: _____ 5

Curriculum Connection
D2.1

Food Choices and Your Health

Understanding Nutrients



The food you consume is the source of nutrients for your body. Nutrients are substances that the body needs to grow, repair itself and to stay healthy. Th include proteins, carbohydrates, fats, vitam minerals. Eating a balanced diet c ight balance of these nutrients.

Your Food Choi h

What you eat not ects y l health but also has a significant impact on your mood and mental el Consu oo much sugar, for example, can lead to weight gain and tooth decay. tty s ad to high cholesterol levels, which can increase your risk of heart disease. her eating fruits and vegetables can provide essential vitamins and miner that he ur b unction properly.

Key Components of a Healthy Diet

- Fruits and Vegetables: These are high in vitamins, m d fib low in calories. Eating a variety of fruits and vegetables can help eve s.
- Whole Grains: Foods like whole grain bread, brown rice, and oat ber, which can help regulate your digestion and keep you feeling full longe
- Lean Proteins: Sources include lean meats, poultry, fish, beans, eggs, and nuts. Proteins are essential for growth and repair in the body.
- Low-fat Dairy: Provides calcium and vitamin D for bone health.
- Healthy Fats: Include avocados, nuts, seeds, and fish. These help reduce heart disease.

In summary, the food you choose to consume plays a critical role in your overall health. By opting for a diet rich in a variety of nutrients, you can ensure your body gets what it needs to function properly, contributing to a healthier and happier you.

PREVIEW

Name: _____ 6

Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Food provides nutrients to our body.	True	False
2) Fatty foods can lead to heart disease.	True	False
3) Whole grains are low in fiber.	True	False
4) Proteins are only found in meats.	True	False
5) Avocados and fish contain unhealthy fats.	True	False

Questio

Answer the questions below.

1) Wha the ke nts of a healthy diet?

2) How can eating too much sugar affe r healt

PREVIEW

Explain

Explain the benefits of the nutrients in the ch ow.

Vitamins and Minerals	
Lean Proteins	
Healthy Fats	

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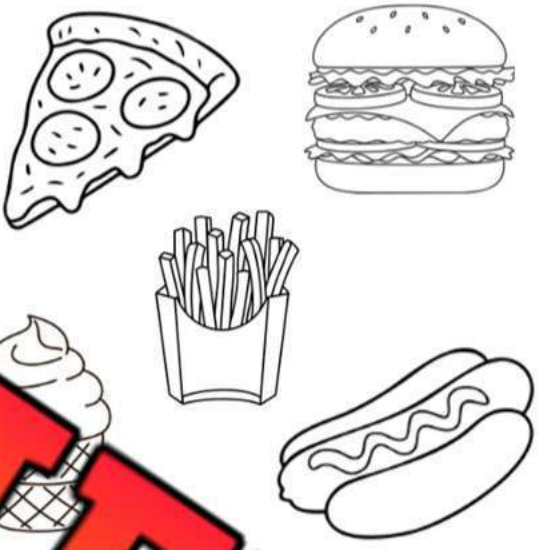
Curriculum Connection
D2.1

Food Choices and Heart Disease

Understanding Heart Disease

Heart disease refers to several types of heart conditions, with the most common type being coronary artery disease. This condition can lead to heart attacks. It happens when the arteries supplying blood to the heart become hard and narrow. The good news is that making the right food choices can help protect your heart.

PREVIEW



Food and Disease Risk

Unhealthy food choices can lead to high blood pressure, high cholesterol, and obesity — risk factors for heart disease. Foods high in saturated and trans fats, salt, and sugar can increase these risks. Examples include fried foods, processed meats, sugary drinks, and desserts.

Healthy Food Choices for the Heart

- Whole Grains: Whole grains are a good source of fiber, which can lower your risk of heart disease. Foods that are high in fiber include whole wheat, brown rice, and oats.
- Fruits and Vegetables: These are high in vitamins, minerals, and fiber but low in calories. Eating a variety of fruits and vegetables may help prevent heart disease.
- Healthy Fats: Avocados, olives, and fatty fish like salmon contain heart-healthy fats.
- Lean Proteins: Chicken, fish, and legumes are lower in fat than many types of meat.
- Limit Salt: Too much sodium can increase your blood pressure.

A healthy diet is key to reducing the risk of heart disease. By choosing foods that are high in fiber, low in salt, and free from excessive fats and sugars, you can greatly improve your heart health. When coupled with regular exercise and routine medical check-ups, these food choices can go a long way in ensuring a healthy heart.

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) The most common type of heart disease is coronary artery disease.	True	False
2) Unhealthy food choices can lead to high cholesterol.	True	False
3) Fruits and vegetables may help prevent heart disease.	True	False
4) Too much sodium can increase your blood pressure.	True	False
5) Healthy diet alone is enough to ensure a healthy heart.	True	False

Questions

Answer the questions below.

1) What are the risk factors for heart disease related to unhealthy food choices?

2) What types of foods should be included in a heart-healthy diet?

PREVIEW

Draw

Draw one unhealthy food and one heart-healthy food.

Harmful to the Heart	Healthy for the Heart

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Curriculum Connection
D2.1

Activity – Heart-Healthy Choices Chart

Objective What are we learning about?

Students will identify foods and habits that help keep the heart healthy and understan[illegible]ow healthy choices can reduce the risk of heart disease.

Materia[illegible] [illegible]u need for the activity?

- Pencil
- Crayons or colo[illegible]d p[illegible]



Instructions How will you com[illegible]lete [illegible]y?

1. Carefully read the passage about Food[illegible]s an[illegible]ease to understand how food and daily habits ca[illegible]ct [illegible] [illegible]ur heart.
2. Think about the foods and healthy habits mention[illegible]e t[illegible]h protect your heart and reduce the risk of heart disea[illegible].
3. Look at the heart template and notice that it is divided into seve[illegible]ctions. In each section, draw or write one heart-healthy food or habit.
4. You may include examples such as fruits, vegetables, whole grains, fish, drinking water, exercising regularly, and limiting foods that are high in salt, sugar, or unhealthy fats.
5. Try to fill as many sections of the heart as possible with different healthy choices that support heart health.
6. When you finish, colour the heart neatly to create your Heart-Healthy Choices Chart that shows ways to keep your heart strong and healthy.

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Curriculum Connection
D2.1

Activity – Heart-Healthy Choices Chart



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Curriculum Connection
D2.1

Food Choices and Diabetes

Understanding Diabetes and Food Choices

Diabetes is a chronic health condition that affects the way the body processes glucose, in the blood. Our bodies use glucose for energy. A hormone called insulin helps transport glucose from our blood into our cells. There are two types of diabetes: Type 1 and Type 2.

Food Choi Diabetes

Our food ay big influence on the risk of developing diabetes, especially Type 2 diabe nsumin ve amounts of sugar-sweetened drinks, processed meats, and refined carboh nit ad can increase this risk.

A diet high can r sk. High fiber foods like whole grains slow the absorption of sugar int stream prevent spikes in blood glucose.

Preventing Diabetes with Healthy ood



- Choose whole grains: Brown rice, o t, and w bread are good choices.
- Limit sugary drinks: Soda, juice, and sweetene ff spike blood sugar levels.
- Eat plenty of fruits and vegetables: These food are high in fiber and low in calories.
- Choose lean proteins: lean meats, eggs, beans and lentils.
- Limit processed foods: to avoid unhealthy fats and high amounts of sodium.

The Role of Regular Physical Activity and Check-ups

Regular physical activity works hand in hand with a healthy diet to prevent diabetes. It helps control weight, uses up glucose as energy and makes cells more sensitive to insulin. Strive for at least 30 minutes of moderate physical activity each day.

Regular health check-ups can identify prediabetes, which can be reversed with lifestyle changes before it develops into full-blown diabetes.

PREVIEW

Name: _____ 15

Curriculum Connection
D2.1

Questions

Answer the questions below.

1) How does regular physical activity contribute to the prevention of diabetes?

2) Name three food choices you can make to reduce your risk of diabetes.

PREVIEW

True or False

Is the statement true or false?

1) There is only one type of	True	False
2) Eating lots of white bread can increase your risk of	True	False
3) Fruits and vegetables are high in fiber and calories.	True	False
4) Regular physical activity does not affect diabetes.	True	False
5) Drinking juice can increase blood sugar levels.	True	False

Diagram

Draw a healthy meal including proteins, whole grains, and vegetables. Include items you enjoy eating and list the menu at the side.

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Curriculum Connection
D2.1

Am I Making Healthy Food Choices?

Read each statement carefully and think about your daily habits. Put a ✓ in the YES or NO column to show if you usually do the behaviour. Answer honestly. This activity will help you understand your food choices and how they may affect your risk of diabetes. After finishing, think about one habit you can improve to stay healthy.

Do You Do This?	Yes	No
1) Do you drink sugary drinks like soda or sweetened juice often?		
2) Do you [illegible] lot of sugary snacks or desserts?		
3) Do you [illegible] white bread or refined carbohydrates most of the time?		
4) Do [illegible] and vegetables during meals?		
5) Do [illegible] st food frequently?		
6) Do you drin[illegible] ad o[illegible] drinks?		
7) Do you choose w[illegible] grain [illegible] ice or oatmeal?		
8) Do you eat fruits and v[illegible] every		
9) Do you choose lean protein[illegible] sh, [illegible] ?		
10) Do you try to limit foods that are hi[illegible] gar?		
11) Do you eat balanced meals instead of too many [illegible] ary s[illegible] ?		
12)Do you check or think about how healthy yo[illegible] choi[illegible]		
13) Do you exercise or stay physically active during th[illegible]		
14) Do you try to avoid eating too much processed food?		
15) Do you drink plenty of water each day?		
16) Do you try to make healthy food choices to protect your health?		
17) Do you choose healthy foods to help prevent diseases like diabetes?		
18) Do you try to reduce your intake of salty and processed foods?		
19) Do you try to eat foods high in fibre like fruits, vegetables, and whole grains?		
20) Do you choose healthy snacks like fruits, yogurt, or nuts instead of candy or chips?		
21) Do you pay attention to portion sizes when eating meals or snacks?		
22) Do you try to limit how often you eat fried foods?		
23) Do you try to eat breakfast before starting your day?		

PREVIEW

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Curriculum Connection
D2.1

Exit Cards

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

Name: _____

Check the actions that help prevent diabetes.

1) Choos[illegible]ole grains like bro[illegible] oatmeal	
2) D[illegible]ry every [illegible]	
3) Eating ple[illegible] and vegetables	
4) Eating too many processed foods	
5) Choosing lean proteins like beans, eggs, or fish	

Name: _____

Check the actions that help prevent diabetes.

1) Choosing whole grains like brown rice or oatmeal	
2) Drinking sugary soda every day	
3) Eating plenty of fruits and vegetables	
4) Eating too many processed foods	
5) C[illegible]sing lean proteins like [illegible], eggs, or fish	

Name: _____

Check the actions that help prevent diabetes.

1) Choosing whole grains like brown rice or oatmeal	
2) Drinking sugary soda every day	
3) Eating plenty of fruits and vegetables	
4) Eating too many processed foods	
5) Choosing lean proteins like beans, eggs, or fish	

Name: _____

Check the a[illegible]ns t[illegible]t diabetes.

1) Choosing whole grai[illegible] like brown rice or oatmea[illegible]	
2) Drinking sugary soda every day	
3) Eating plenty of fruits and vegetables	
4) Eating too many processed foods	
5) Choosing lean proteins like beans, eggs, or fish	

PREVIEW

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Name: _____ 18

Curriculum Connection
D2.1

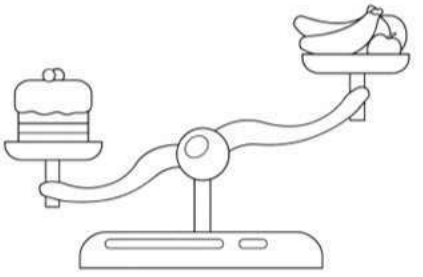
Food Choices and Obesity

Understanding the Role of Food Choices in Obesity Risk

The food we eat is more than fuel for our bodies. It gives us the nutrients - proteins, carbohydrates, fats, vitamins, and minerals - that work together to maintain our health. Eating a balanced diet ensures that we get the right amount of these nutrients. However, unbalanced food choices can lead to health problems, including obesity.

PREVIEW

Calorie Energy Balance



Each type of food contains a certain amount of energy, measured in calories. Our bodies use these calories for daily functions like having energy and growing. When the number of calories consumed equals the number you burn, you maintain a healthy weight. Eating more calories than needed can lead to weight gain, and if this happens over a long time, it can cause obesity.

Making Smart Food Choices

Avoiding obesity involves making smart food choices. Here are a few ways to do that:

- Choose Whole Foods: Choose fruits, vegetables, lean proteins, and whole grains instead of processed foods high in sugar, salt, and unhealthy fats.
- Control Portion Sizes: Pay attention to the quantity of food you eat at each meal. Large portions can lead to overeating, even if the food is healthy.
- Drink Wisely: Drinks like soda, juice, and energy drinks add unwanted calories. Water, unsweetened tea, and low-fat milk are healthier choices.
- Limit Fast Food: Fast food is often high in calories, fat, and sugar.

Being Active Counts

While food choices play a significant role in obesity risk, physical activity is also important. Regular exercise can help you burn off extra calories and maintain a healthy weight.

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Curriculum Connection
D2.1

True or False

Is the statement true or false

1) Eating a balanced diet can help maintain our health.	True	False
2) Calories are not important for our body's daily functions.	True	False
3) Consuming more calories than needed can lead to weight gain.	True	False
4) Whole foods are not as healthy as processed foods.	True	False
5) High-calorie beverages can contribute to unwanted weight gain.	True	False

Questions

Answer the questions below

1) What is the relationship between calorie consumption, energy balance, and weight?

2) What are four ways to make smart food choices and avoid overeating?

PREVIEW

Explain

Explain the terms below?

Obesity	
Nutrients	
Calories	

Name: _____ 22

Curriculum Connection
D2.1

Food Allergies

Understanding Food Allergies

Food allergies occur when the body's immune system mistakenly treats certain foods as if they were harmful. This triggers an immune response, which can cause various symptoms.

Common Allergy-Causing Foods



The most c food allergens are, milk, eggs, fish, shellfish, tree nut , soybeans.

Spotting Allerg

Allergic reaction ge fr severe and may include:



- Hives or a skin rash
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- A tight, hoarse throat
- Difficulty breathing or swallowing

PREVIEW

Immediate Action is Essential

Severe allergic reactions can be life-threatening. If someone has difficulty eathing, fainting, or chest pain after eating, it could be anaphylaxis, a severe reaction that requires immediate medical attention.

Preventing Allergic Reactions

Avoiding the allergen is the best way to prevent a reaction. This means not eating the food you are allergic to and being aware of potential cross-contamination in shared food preparation areas. Reading food labels and asking about ingredients in restaurant dishes can also help you stay safe.

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Curriculum Connection
D2.1

Questions

Answer the questions below using evidence from the text.

1) What are some of the symptoms of an allergic reaction mentioned in the report?

2) What st[illegible] can someone with a food allergy use to prevent an allergic reaction?

PREVIEW

Diagram

Draw 3 [illegible] of c[illegible] food allergens and label below.

True or False

Is the statement true or false?

1) Food allergies are caused by the body's immune system.	True	False
2) Fish is not a common food allergen.	True	False
3) All allergic reactions are severe.	True	False
4) Hives are a possible symptom of a food allergy.	True	False
5) Reading food labels can help prevent allergic reactions.	True	False

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Curriculum Connection
D2.1

Food Allergies Strategies



Question
Which strategy helps you stay safe if you have a food allergy? Explain.

PREVIEW

Think Which strategy could you use for the ... in your choice.

1) Maria accidentally eats food that contains peanuts and ... to f... uncomfortable.

2) Liam is not sure if a snack contains milk, which he is allergic to.

3) Sofia is eating at a restaurant and has a severe allergy to shellfish.

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Curriculum Connection
D2.1

Osteoporosis

Understanding Osteoporosis

Osteoporosis is a condition that affects our bones. The word osteoporosis means "porous bone." Imagine a sponge, full of holes and spaces. Now, imagine a dense brick. A healthy bone is like the brick, while a bone with osteoporosis is more like the sponge.

The Build[illegible]eaking of Bones

Did y[illegible] b[illegible]lways building new bone and breaking down old bone? When we are y[illegible]ng, ou[illegible]d m[illegible]re bone than they break down, so our bones become larger and den[illegible]r[illegible]d the a[illegible], this begins to change. The body begins to break down bone faster tha[illegible]can [illegible]. This can lead to osteoporosis over time.

Osteoporosis and Its Impact

In a person with osteoporosis, the bone[illegible]me les[illegible]e and more likely to break. These breaks are known as f[illegible]res. Osteoporotic fractures most commonly occur in t[illegible]p, w[illegible] and spine.



Preventing Osteoporosis

Even though you are young, there are things you can do now to prevent osteoporosis in the future:

- Eat a balanced diet rich in calcium and vitamin D. These nutrients are important for bone health.
- Regular exercise, particularly weight-bearing and muscle-strengthening exercises, can help build strong bones.
- Avoid unhealthy habits like smoking and excessive drinking, as they lead to bone loss.

Remember, the choices you make now can help keep your bones healthy in the future.

PREVIEW

Name: _____ 26

Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Osteoporosis means "porous bone."	True	False
2) A healthy bone is like a sponge.	True	False
3) Osteoporosis makes bones more likely to break.	True	False
4) Your diet has no impact on osteoporosis.	True	False
5) Osteoporosis affects only the elderly.	True	False

Making Connections

Create a "Healthy Bones Checklist," listing habits you can adopt to prevent osteoporosis. Include foods you should eat more often.

1		6	
2		7	
3		8	
4		9	
5		10	

PREVIEW

Questions

Answer the questions below using evidence from the text.

1) What are the most common areas where osteoporotic fractures occur?

2) Why are calcium and vitamin D important for bone health?

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Curriculum Connection
D2.1

Activity – Osteoporosis Meal Plan

Objective What are we learning about?

Students will be able to create a 7-day healthy meal plan by selecting foods that help strengthen bones and prevent osteoporosis, such as foods rich in calcium, vitamin D, protein, and other nutrients.

Materials What will you need for the activity?

- P[illegible]n
- Me[illegible]lan W[illegible]mage 1)
- Food Cho[illegible]nag
- Crayons or [illegible]d pen[illegible]nal)



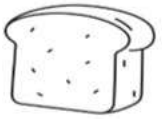
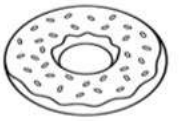
Instructions How will y[illegible]lete[illegible]ity?

1. Read the information about oste[illegible]sis in t[illegible]ding passage. Pay attention to how healthy food choices and [illegible]estyle h[illegible] ca[illegible] keep bones strong.
2. Look at the Food Choices Table. This tab[illegible]ntai[illegible]fe[illegible]od options for breakfast, lunch, dinner, and snacks.
3. Using the weekly meal plan worksheet, create you[illegible]7-[illegible]al plan from Monday to Sunday.
4. For each day, choose one breakfast, one lunch, one dinner, and [illegible]nack from the food choices table.
5. Write your chosen meals in the correct boxes on the worksheet.
6. Try to choose foods that help build strong bones, such as milk, yogurt, cheese, leafy green vegetables, fish, nuts, seeds, whole grains, fruits, and vegetables.
7. After completing the table, review your meal plan and check if your meals are balanced and healthy for bone development.
8. Be prepared to share one day from your meal plan and explain why the foods you chose are good for bone health.

PREVIEW

Name: _____ 28

Curriculum Connection
D2.1

	Breakfast	Lunch	Dinner	Snacks
				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PREVIEW

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Curriculum Connection
D2.1

Breakfast	Lunch	Dinner	Snacks
Oatmeal with banana and milk	Grilled chicken salad with vegetables	Grilled salmon with broccoli and rice	Apple slices with peanut butter
Yogurt with granola and berries	Tuna sandwich with lettuce and tomato	Baked chicken with sweet potatoes	Yogurt with berries
Scramb s with wh	Vegetable stir-fry with brown rice	Turkey stir-fry with vegetables and rice	Cheese and whole-grain crackers
Smoothie wit milk, banana, spinach	key dwich with c nd c b	Vegetable pasta with tomato sauce	Banana and a handful of nuts
Whole-grain cereal with milk and fruit	Chic p w lettuce a to	Beef and ble stew wit oes	Carrot sticks with hummus
Peanut butter sandwich with a glass of milk	Lentil soup with whole-grain bread	fish noa	Cottage cheese th pineapple
Greek yogurt with almonds and strawberries	Quinoa salad with vegetables	Chicken a vegetable soup	uts ins
Overnight oats with chia seeds and berries	Baked fish with rice and vegetables	Rice with tofu and mixed vegetables	Smoothie with milk and fruit
Cheese and tomato omelet with toast	Egg salad sandwich with whole-grain bread	Baked chicken with roasted vegetables	Orange slices and almonds
Pancakes with fruit and yogurt	Pasta with vegetables and cheese	Shrimp and vegetable stir-fry	Whole-grain toast with peanut butter

PREVIEW

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Curriculum Connection
D2.1

Tooth Decay

Understanding Tooth Decay

Tooth decay, also known as cavities, is a common problem affecting people of all ages, even children. It happens when bacteria in the mouth turn the sugars from the food we eat into acids. These acids can then harm the tooth's surface, known as enamel.

Causes and Symptoms

The main cause of decay is not cleaning the teeth. This allows plaque, a sticky film of bacteria, to build up. Eating and drinks high in sugars can also contribute to tooth decay. Symptoms might not be noticeable at first, but as the decay gets worse, you might notice:

- Toothache
- Sensitive teeth
- Visible holes in your teeth
- Bad breath

PREVIEW



Preventing Tooth Decay

Here are some strategies to protect your teeth:

- Brush twice a day with a fluoride toothpaste.
- Floss daily to remove plaque from between your teeth.
- Limit sugary drinks and snacks.
- Visit your dentist for regular check-ups.

Fluoride and Dental Sealants

Fluoride, a natural mineral, can strengthen enamel and prevent cavities. It is found in many toothpastes and some tap water. Dental sealants, protective coatings applied to the chewing surfaces of the back teeth, can also prevent decay.

Tooth decay is not just a problem for adults; it can affect anyone. By understanding what causes tooth decay and how to prevent it, we can keep our teeth healthy and strong.

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Tooth decay is also known as cavities.	True	False
2) The main cause of tooth decay is not brushing teeth well.	True	False
3) Tooth decay cannot occur in children.	True	False
4) Tooth decay can cause bad breath.	True	False
5) It is unnecessary to visit a dentist for regular check-ups.	True	False

Question

Answer the questions below.

1) What is tooth decay? How does it occur?

2) List the main symptoms of tooth decay.

PREVIEW

Draw

Draw and label foods that can cause tooth decay.

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Name: _____ 33

Curriculum Connection
D2.1

Tooth Decay

Direction	Design and illustrate a decayed tooth to show how tooth decay affects dental health.



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Name: _____ 34

Curriculum Connection
D2.1

Healthy Fats

What Are Healthy Fats?

Fats are a type of nutrient. Some fats are good for our body, while others can be harmful. Healthy fats are good fats that our body needs for energy and growth.

Types of Healthy Fats

There are two types of healthy fats:



- Uns at. These are found in plants and fish. elp our h lth.
- Omega-3 Fa es unsaturated fats found in fish like sa

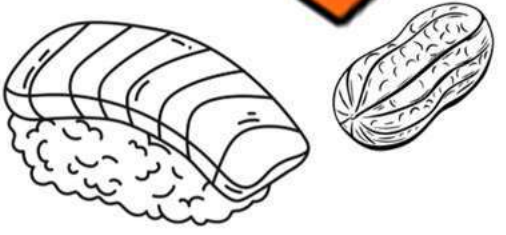
PREVIEW

Where Can We Find Healt

Healthy fats are in many tasty fo s. He mples: Olive oil, avocado, nuts and seeds, fatty fish like salmon and tu

The Role of Healthy Fats in Our Meals

- Making Meals Tasty: Healthy fats can make our fo e better. F mple, cooking with olive oil can add flavor to our meals.
- Keeping Us Healthy: Healthy fats help our bodies in different w our skin and hair healthy and supporting our brains.



Tips for Adding Healthy Fats to Your Diet

- Use olive oil instead of butter when cooking.
- Add nuts or seeds to your salad.
- Eat fish like salmon once a week.

Remember, understanding the types of fats and where to find them can help us make healthier choices. By adding the right amount of healthy fats to our meals, we can enjoy tasty food and keep our bodies strong.

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Name: _____ 35

Curriculum Connection
D2.1

Questions

Answer the questions below.

1) What are the two main types of healthy fats?

2) What is one tip for adding healthy fats to your diet?

PREVIEW

True or False

Is th[illegible]t true or false?

1) All fats are harmful to th[illegible]	True	False
2) Unsaturated fats are found in plants a[illegible]	True	False
3) Olive oil is a type of unhealthy fat.	True	False
4) Nuts and seeds contain healthy fats.	True	False
5) Butter is a better choice than olive oil for cooking.	True	False

Draw

Sketch a well-balanced meal that incorporates healthy fats[illegible] identify the sources of healthy fats in the drawing.

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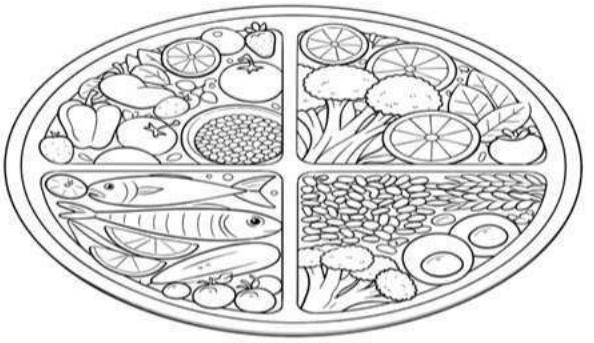
Curriculum Connection
D2.1

The Connection Between Food and Mood

Eating for Happiness

Food plays a significant role in how we feel, both physically and mentally. Eating a balanced diet is crucial for maintaining our health and can even impact our mood. For example, certain foods can make us feel more energetic or relaxed, while others might leave us feeling sluggish or anxious.



How Fo

Diffe our bodies in various ways. Here's how some key nutrients and fo pes ca our mood and mental health:

- Complex C es: Fo whole grains, fruits, and vegetables release glucose slowly ur bl his steady supply of energy helps maintain a consistent mood a el.
- Protein: Rich sources such eat, fish, eggs, and beans, contain amino acids that are vital n f an enhance mood by producing neurotransmitters like serotonin.
- Fats: Healthy fats, found in avocado , and f ential for brain health and can positively affect mood and cognitive functi

Impact of Sugary Foods

Eating foods high in sugar can lead to energy spikes fo crash s rollercoaster of energy levels can affect your mood, ma eel ire tired once the sugar high wears off.

Mindful Eating

Paying attention to what, when, and how we eat is key to mindful eating. a's Food Guide recommends filling half your plate with fruits and vegetables, one quarter with protein foods, and one quarter with whole grain foods. This balance is not only vital for physical health but also for maintaining a stable and happy mood.

The Role of Food in Mental Health

Our diet can contribute to the development of health disorders, including mental health conditions like depression and anxiety. A balanced diet rich in essential nutrients can help manage or even prevent these issues.

By understanding the connection between the foods we eat and how we feel, students can make informed choices about their diet, ensuring they're not only eating for physical health but for mental well-being too.

PREVIEW

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Name: _____ 40

Curriculum Connection
D2.1

Questions

Answer the questions below.

1) Name two foods that are good sources of protein for brain function.

2) What is ct of eating foods high in sugar on mood?

PREVIEW

Fill in the Blanks

W missi d to each statement.

1)	Eating a balanced diet can he p imp _____.	mood	height
2)	Foods like whole grains, fruits, and vegetable examples of _____ carbohydrate	x	artificial
3)	_____ helps build and repair body tissues and supports brain function.	fibre	protein
4)	Healthy fats found in foods like avocados and fish support _____ health.	toot	
5)	Eating too many sugary foods can cause energy _____ followed by crashes.	spikes	colours

True or False

Is the statement true or false?

1) Eating sugar can lead to mood swings.	True	False
2) Protein helps produce mood-enhancing neurotransmitters.	True	False
3) All fats negatively affect your mood.	True	False
4) Canada's Food Guide ignores mindful eating.	True	False
5) A balanced diet can prevent health disorders.	True	False

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Curriculum Connection
D2.1

Activity – Mood Boosting Meals

Objective What are we learning about?

Students will be able to identify foods that can influence mood and energy and create balanced meals by drawing foods that help improve how they feel during the day.

Materials t will you need for the activity?

- Pe or pe
- Activity w
- Crayons o d pen nal)



Instructions How will y ete t ?

1. Think about how the foods we e affect e feel. Some foods help us feel more energized, calm, or focused, ther ke us feel tired or sluggish.

2. In the Meal box, draw a meal that you think could he mp mood or energy level. You may include foods such as frui , whole grains, or protein-rich foods.

3. After drawing the meal, write the food groups that are included in your drawing. These may include proteins, fruits and vegetables, and grains.

4. In the last box, explain how the meal you drew could help improve someone's mood, focus, or energy during the day.

5. Repeat the same steps for the other meal boxes on the worksheet.

PREVIEW

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Curriculum Connection
D2.1

Activity – Mood Boosting Meals

Food and Mood	Draw a meal that could help improve your mood and identify the food groups in the meal.

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
	How could this meal help improve your mood or energy?	

PREVIEW

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
	How could this meal help improve your mood or energy?	

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
	How could this meal help improve your mood or energy?	

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Curriculum Connection
D2.1

Exit Cards

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

Name: _____

Colour the foods that help improve mood and energy.

Whole grains	Candy and sweets
Fruits and vegetables	Healthy fats
Sugary soda	Balanced plate
Skipping balanced meals	Lean protein
Only eating junk food	Too many sugary snacks

Name: _____

Colour the foods that help improve mood and energy.

Whole grains	Candy and sweets
Fruits and vegetables	Healthy fats
Sugary soda	Balanced plate
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Name: _____

Colour the foods that help improve mood and energy.

Whole grains	Candy and sweets
Fruits and vegetables	Healthy fats
Sugary soda	Balanced plate
Skipping balanced meals	Lean protein
Only eating junk food	Too many sugary snacks

PREVIEW

Name: _____ 44

Curriculum Connection
D2.1

Hydration and Health

Water Works Wonders



Water is like a superhero for our body. It helps us stay healthy, energized, and focused. Drinking enough water is key to avoiding problems like dehydration, which can make us feel tired, dizzy, and even sick.

Hydrati[illegible]s

Stayin[illegible]s our body gets the water it nee[illegible]ere's why water is so important:

- Keeps Yo[illegible]ter h[illegible]our heart pump blood more easily.
- Brain Boost[illegible]ing h[illegible]lps you think clearer and concentrate better.
- Fights Off Illness[illegible]nt urinary tract infections and kidney stones.

The Sugary Truth

Sugary drinks might taste good, but [illegible]re not [illegible]r health. Drinking lots of soda, juice, or sports drinks can lead to he[illegible]ssues[illegible]esity, type 2 diabetes, and tooth decay. Water is the best [illegible]e bes[illegible]ates without adding any sugar or calories.

Drink Up Ideas

Here are some fun ways to drink more water:

- Flavour It: Add slices of fruits like lemon or cucumber for a tasty [illegible]ist.
- Cool Containers: Use a water bottle with your favourite colours or characters.
- Set a Timer: Remind yourself to take water breaks throughout the day.

Water vs. Sugary Drinks

- Water: Zero calories, zero sugar, and hydrates efficiently.
- Sugary Drinks: High in calories and sugar, can cause health issues.

By choosing water over sugary drinks and finding fun ways to stay hydrated, we can keep our bodies healthy and happy. Remember, drinking water is one of the easiest things you can do for your health every day!

PREVIEW

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Curriculum Connection
D2.1

Questions

Answer the questions below.

1) What are two health issues that sugary drinks can cause?

2) Why is w[illegible]nsidered the best choice for hydration?

PREVIEW

Identify

Chec[illegible]tatemen[illegible]show healthy hydration choices.

	Drinking water regularly during t[illegible]		[illegible]king soda to stay hydrated
	Choosing sugary drinks instead of water		Taki[illegible]r breaks during acti[illegible]
	Carrying a reusable water bottle		[illegible] wate[illegible] feeling
	Avoiding water because juice tastes better		Choos[illegible]g wa[illegible]d[illegible]ary drinks
	Adding fruits like lemon or cucumber to water		Drinking only sof[illegible]s every day

True or False

Is the statement true or false?

1) Water helps your heart pump blood easily.	True	False
2) Sugary drinks are good for your health.	True	False
3) Dehydration can make you feel energized.	True	False
4) Drinking water can prevent kidney stones.	True	False
5) Flavoured water is a healthy hydration choice.	True	False

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Curriculum Connection
D2.1

Water – Fact or Myth

There is a lot of misinformation about water and hydration. Read each statement carefully. Circle Fact if you think it is true and Myth if you think it is not.

Information	Fact	Myth
1. Drinking enough water helps the body stay energized.	Fact	Myth
2. Dehydr an make a person feel tired or dizzy.	Fact	Myth
3. Water dy regulate temperature.	Fact	Myth
4. S drinks hy body better than water.	Fact	Myth
5. Drinking wa hea mp blood more easily.	Fact	Myth
6. You only need wate feel very thirsty.	Fact	Myth
7. Water helps the brain ly and trate better.	Fact	Myth
8. Drinking water can help preven som s ti ey stones.	Fact	Myth
9. Sports drinks are always better than water for h ion.	Fact	Myth
10. Drinking water has zero calories.	Fact	Myth
11. Sugary drinks like soda can increase the risk of he ems.	ct	Myth
12. Staying hydrated helps the body function properly.		yth
13. Water helps move nutrients and oxygen through the body.		Myth
14. Drinking water instead of sugary drinks can help reduce sugar intake.	ct	Myth
15. You can stay hydrated by drinking water regularly throughout the day.	Fact	Myth
16. Fruits and vegetables can also help the body stay hydrated.	Fact	Myth
17. Drinking enough water can help improve focus in school.	Fact	Myth
18. Dehydration means the body does not have enough water.	Fact	Myth
19. Water is one of the healthiest drinks for the body.	Fact	Myth
20. You should avoid drinking water during the day.	Fact	Myth

PREVIEW

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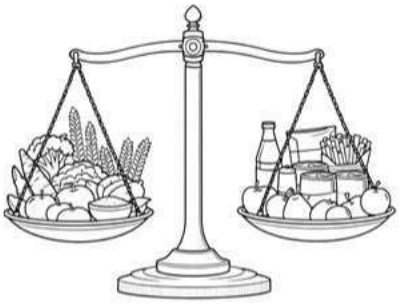
Curriculum Connection
D2.1

Understanding Processed Foods

What are Processed Foods?

Processed foods are items that have been altered from their natural state for safety reasons or convenience. While not all processed foods are harmful, many contain added sugar, salt, and fat to improve taste, which can affect our health negatively.



The Impact on Health

Eating [illegible]ssed foods can lead to health issues such as:

- Obesity: [illegible] and fats can contribute to weight gain.
- Cardiovascular Disease: [illegible] salt and fats increase the risk of heart problems.
- Type 2 Diabetes: [illegible] lead to elevated blood sugar levels.

Processed vs. Whole Foods

Let's compare:

- Processed Foods: Packaged snacks, [illegible] drinks, [illegible]to-eat meals.
- Whole Foods: Fresh fruits, vegetables, [illegible] meals.

Making Healthier Choices

To make healthier eating choices, consider the following:

- Read Food Labels: Look for foods with low amounts of added [illegible]ugar, salt, and unhealthy fats.
- Choose Whole Foods: Option for fresh or minimally processed items.
- Understand Serving Sizes: Be aware of how much you're eating.

Why It Matters

Understanding the difference between processed and whole foods helps us make informed dietary decisions. By choosing more whole foods, we can improve our health and reduce the risk of diseases associated with processed foods. Remember, it's not about eliminating all processed foods but about making healthier choices.

PREVIEW

Name: _____ 50

Curriculum Connection
D2.1

Questions

Answer the questions below.

1) What are two main health issues linked to processed foods?

2) Why is r[illegible]ood labels important?

PREVIEW

Multiple Choice

W[illegible]e of foo[illegible]

Food	Processed	Whol[illegible]
1) Potato chips		
2) Fresh apple		
3) Sugary soda		
4) Brown rice		
5) Packaged cookies		

	Processed	Whole
6) Fr[illegible]v[illegible]tes		
7) In[illegible]t noodles		
3) Fresh fish		
4) Canned soup		
5) Oatmeal		

True or False

Is the statement true or false?

1) Processed foods are always healthier than whole foods.	True	False
2) Eating processed foods can lead to obesity.	True	False
3) Whole foods include packaged snacks and sugary drinks.	True	False
4) Cardiovascular disease can be caused by excess salt intake.	True	False
5) Food labels help us make healthier eating choices.	True	False

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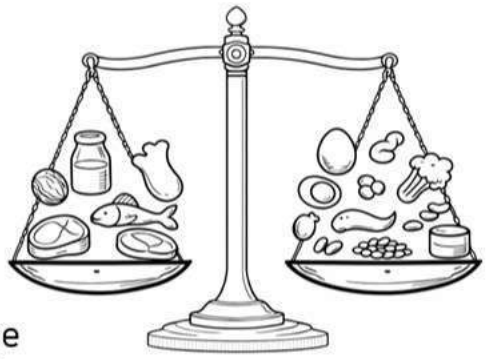
The Role of Protein in Our Diet

Protein Power

Protein is like the building blocks for our body. It helps us grow strong, repairs our muscles after exercise, and keeps our immune system healthy. There are two main types of protein sources: plant-based and animal-based.



Animal v[illegible] Proteins

Animal [illegible] come from meat, fish, dairy, and [illegible] "complete" proteins because they ha[illegible] all the [illegible] amino acids our body needs.

Plant-based pr[illegible] re fo[illegible] ds like beans, lentils, nuts, seeds, and some grains. Sometimes, [illegible] plete" proteins because they might lack one or more essential a[illegible] ds. Bu[illegible] orry! By eating a variety of plant-based proteins throughout [illegible], y[illegible] the amino acids you need.

Benefits of Plant Proteins

- Good for Your Health: Eating more plants [illegible] wer [illegible] k of heart disease, high blood pressure, and type 2 diabete[illegible]
- Good for the Planet: Plant-based diets use [illegible] produce fewer greenhouse gases compared to diets hig[illegible] al pr[illegible].

Why Protein Matters

Our bodies need protein to function well. It's not just about mu[illegible] about enzymes and hormones that help our bodies do everything from di[illegible] g food to fighting off sickness.

Mixing It Up

- Try Different Sources: Include both animal and plant proteins in your meals.
- Explore Plant Proteins: Experiment with beans, lentils, and tofu in your meals.
- Balance Is Key: Make sure you are getting enough protein without going overboard. Too much of anything isn't good.

By understanding and choosing a variety of protein sources, we can improve our health and help the environment too. Remember, a little change in your diet can make a big difference!

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Curriculum Connection
D2.1

Questions

Answer the questions below.

1) How can eating more plant-based proteins benefit your health?

2) Why is i[illegible]nt to have a balance of different protein sources in your diet?

PREVIEW

Visualizing

Draw what y[illegible]re pictur[illegible] you were reading. Explain the picture.

True or False

Is the statement true or false?

1) Protein is essential for muscle repair.	True	False
2) All proteins are from animal sources.	True	False
3) Plant proteins are called "incomplete" proteins.	True	False
4) Eating plant proteins can reduce greenhouse gases.	True	False
5) Too much protein is always good for health.	True	False

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Curriculum Connection
D2.1

Make The Healthy Choice

Read each situation carefully. Decide if the action is a Healthy Choice or an Unhealthy Choice. Then explain what the person should do instead to make a better food decision.

Scenario	Healthy or Unhealthy?	Explanation
A student eats a balanced meal that includes protein, vegetables, and grains.		
Some... snack... instead of... with protein.		
A student adds beans or lentils to their meal for plant-based protein.		
A teen skips meals and does not include protein in their diet.		
Someone chooses fish, eggs, or tofu as a protein source.		
A student eats mostly junk food and avoids healthy protein foods.		
A teen includes nuts or yogurt as a healthy snack.		
A student chooses a balanced meal with vegetables and protein after exercise.		

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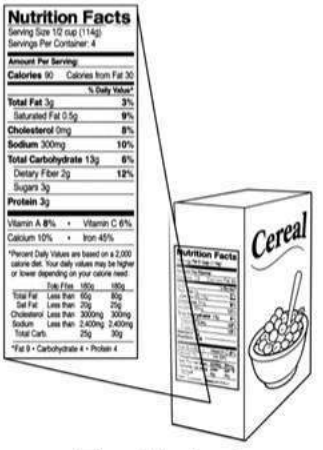
Curriculum Connection
D2.1

Understanding Food Labels

Label Lookout
Food labels are like secret codes on your food packages, telling you everything about what's inside. Learning to read them helps you make smarter food choices.

Serving Size Secrets
The serving size tells you how much of the food is considered a single ser[illegible]. It's important because all the nutrition facts on the label [illegible]ed on this amount. If you eat double the serving size, you [illegible]ubling the calories and nutrients you cons[illegible]



Food Label

Nutritional Kn[illegible]
Nutrition label[illegible] calori[illegible]arbohydrates, protein, and other nutrient[illegible]e's w[illegible]o[illegible]t for:

- Calories: Shows how m[illegible]gy [illegible]g[illegible] a serving.
- Fats: Pay attention to satur[illegible]d an[illegible] is better.
- Sugars: Too much added sugar isn[illegible]for yo[illegible]lth.
- Protein: Important for your muscle[illegible]nd over[illegible]owt[illegible]

Ingredients Insight
Ingredients are listed from most to least by weight. [illegible]eans the [illegible]w ingredients are what the food is mostly made of. Look o[illegible]dde[illegible]s[illegible]t, and unhealthy fats.

Claims Check
Food packages often have claims like "low fat" or "high in fiber." These can help you choose healthier options, but it's important to check the nutrition label to see the whole story.

Tips for Terrific Choices
- Start with Serving Size: Check if your portion matches the label.
- Check the Calories: Are they reasonable for your diet?
- Prioritize Important Nutrients: Look for low saturated fat, sugars, and high protein.

By understanding food labels, you can make choices that are better for your health. Remember, knowledge is power, especially when it comes to what you eat!

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Serving size is not important on food labels.	True	False
2) Nutrition labels show calories based on serving size.	True	False
3) Added sugars in food should be minimized.	True	False
4) Protein is not listed on nutrition labels.	True	False
5) All fats listed on labels are unhealthy.	True	False

Questio

Answer the questions below.

1) Why [illegible] ortant when reading food labels?

2) What should you look for in the ingre[illegible]ts list o[illegible]?

PREVIEW

Making Connections

What does this reading remind you of in your life?

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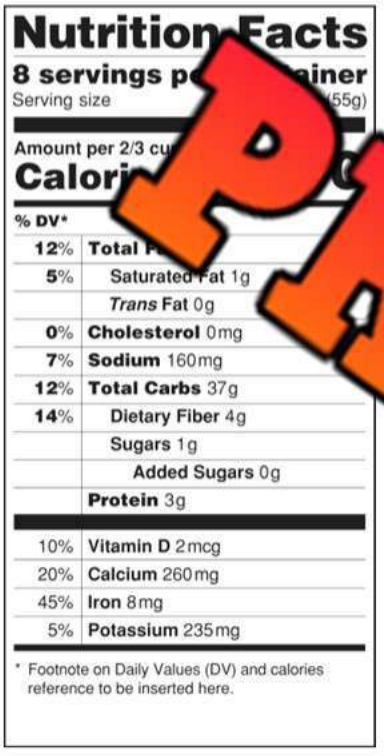
Curriculum Connection
D2.1

Nutrition Labels

Background
It is the law in Canada for companies to put a nutritional label on their packaged food. This allows consumers (us) to know what we are getting in their product. Review the nutritional labels below and write down what is on both labels.



Nutrition Facts
8 servings p… …ainer
Serving size …(55g)

Amount per 2/3 cu…
Calori…

% DV*	
12%	**Total F…**
5%	Saturated Fat 1g
	Trans Fat 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	**Vitamin D** 2mcg
20%	**Calcium** 260mg
45%	**Iron** 8mg
5%	**Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

What's on the Labels?

- Serving size



_____

_____

_____

_____

_____

_____

_____

Nutrition Facts
Serving Size 1 (44g)

Amount Per Serving	
Calories 96	
	% Daily Values*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1mg	**0%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 0g	**0%**
Sugars 6g	
Protein 1g	**2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Less than	65g	80g
Less than	20g	25g
Less than	300mg	300mg
Less than	2400mg	2400mg
…arb…	300g	375g
	25g	30g

PREVIEW

Questions
1. Why do you think it is the law that companies have to include a nu…

_____

_____

_____

2. Based on the labels, which food do you think is healthier? Why?

_____

_____

_____

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Curriculum Connection
D2.1

The Sweet Truth: Sugar and Sweeteners

Understanding Sugar

- Sugar is a type of carbohydrate found naturally in many foods, like fruits and dairy products.
- Added sugars are sugars and syrups added to foods and beverages during processing or preparation.



Effects on Health

- Consuming too much added sugar can lead to health issues like obesity, type 2 diabetes, and heart disease.
- Sugar provides empty calories, making it empty calories that can lead to weight gain.
- Sugary foods and drinks can also contribute to tooth decay and cavities.

Artificial Sweeteners

- Artificial sweeteners are sugar substitutes that provide sweetness without the calories.
- Common artificial sweeteners include aspartame, sucralose, and saccharin.

Prevalence in Our Diets

- Many processed foods and beverages contain added sugars, including sodas, candies, and packaged snacks.
- Canadians consume an average of 110 grams of added sugar per day, more than doubling the recommended limit of 50 grams per day.

Strategies for Reducing Sugar Intake

- Read food labels to identify added sugars in products.
- Choose whole, unprocessed foods like fruits, vegetables, and lean proteins.
- Opt for water, herbal tea, or unsweetened beverages instead of sugary drinks.
- Limit desserts and treats to special occasions.

Alternatives for Sweetening

- Natural alternatives to sugar include honey, maple syrup, and stevia.
- These options provide sweetness with added nutrients and fewer calories than refined sugar.

Understanding the impact of sugar and artificial sweeteners on our health is crucial for making informed choices about our diets. By reducing sugar intake, we can promote better overall health and well-being.

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Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Fruits and dairy products naturally contain sugar.	True	False
2) Added sugars are beneficial for our health.	True	False
3) Consuming too much added sugar can lead to obesity.	True	False
4) Artificial sweeteners are high in calories.	True	False
5) Water is a good alternative to sugary drinks.	True	False

Question

Answer the questions below.

1) How reading ls help reduce sugar intake?

2) Why is it important to limit desserts ats in ?

PREVIEW

List

Enumerate 3 ways to reduce sugar intake and briefly explai y they help.

Strategies	Why It Works

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D2.1

Canada's New Food Guide

Canada's New Food Guide does not have 4 food groups. Instead, it recommends eating the following 3 food categories.

Food Category	Fruits and Vegetables	Whole Grains	Protein Foods
Servings/Day	½ (half) of your plate	¼ of your plate	¼ of your plate
Tip	- Choose darker green ...egetables - ...k juice with	- Choose whole grain options instead of grains that have been processed	- Select plant-based proteins and lean meats
Examples	...p..., kale ...i - Unswe... ...range juice	- Bread, pita, oatmeal, ...real, rice, pasta, ... quinoa	- Beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs

PREVIEW



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Curriculum Connection
D2.1

Canada's New Food Guide

Questions Draw pictures or use words of foods you like that would fit Canada's Food Guide

Eat plenty of _____ and _____

Eat _____ foods



Make _____ your drink of choice

PREVIEW

Choose _____ _____ foods

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Name: _____ 66

Curriculum Connection
D2.1

Scenarios | Circle if it is a healthy or unhealthy food choice.

#	Scenario Description	Healthy	Unhealthy
1	Eating an apple for a snack.	Healthy	Unhealthy
2	Drinking soda every day with lunch.	Healthy	Unhealthy
3	Having oatmeal with berries for breakfast.	Healthy	Unhealthy
4	Choosing candy bars over fruits.	Healthy	Unhealthy
5	Snacking on nuts between meals.	Healthy	Unhealthy
6	Consuming burgers regularly.	Healthy	Unhealthy
7	Adding spinach to your smoothie.	Healthy	Unhealthy
8	Eating doughnuts for breakfast.	Healthy	Unhealthy
9	Grilling salmon for dinner.	Healthy	Unhealthy
10	Munching on potato chips while studying.	Healthy	Unhealthy
11	Making a salad with avocado and tomato.	Healthy	Unhealthy
12	Eating sugary cereals with milk.	Healthy	Unhealthy
13	Preparing sweet potato fries at home.	Healthy	Unhealthy
14	Having microwave popcorn during movie nights.	Healthy	Unhealthy
15	Baking broccoli with cheese for a side dish.	Healthy	Unhealthy
16	Ordering French fries instead of a side salad.	Healthy	Unhealthy
17	Enjoying Greek yogurt with honey as a dessert.	Healthy	Unhealthy
18	Choosing white bread for your sandwiches.	Healthy	Unhealthy
19	Cooking lentil soup for a hearty meal.	Healthy	Unhealthy
20	Consuming deep-fried foods at the fair.	Healthy	Unhealthy

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Curriculum Connection
D2.1

Exit Cards

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

Name: _____

Circle YES or NO based on the situation.

1) Fruits and vegetables should take up half of your plate.	Yes	No
2) Whole grains are healthier than processed grains.	Yes	No
3) Protein foods include beans, fish, eggs, and nuts.	Yes	No
4) Water should be your main drink instead of sugary drinks..	Yes	No

Name: _____

Circle YES or NO based on the situation.

1) Fruits and vegetables should take up half of your plate.	Yes	No
2) Whole grains are healthier than processed grains.	Yes	No
3) Protein foods include beans, fish, eggs, and nuts.	Yes	No
4) Water should be your main drink instead of sugary drinks..	Yes	No

Name: _____

Circle YES or NO based on the situation.

1) Fruits and vegetables should take up half of your plate.	Yes	No
2) Whole grains are healthier than processed grains.	Yes	No
3) Protein foods include beans, fish, eggs, and nuts.	Yes	No
4) Water should be your main drink instead of sugary drinks..	Yes	No

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Curriculum Connection
D2.1

Canada's New Food Guide's Recommendations

1) Be Mindful of Your Eating Habits - Being mindful of your eating habits means thinking when you eat. Thinking about how much you eat, why you eat, what you eat, when you eat and where you eat. Being mindful of your eating habits can help you make healthier choices more often.



2) Cook M[illegible] - When you prepare your own food[illegible] cessed foods. When you cook at hom[illegible] of the seasonings and sauces, which often add extra sodium and emp[illegible]s. You[illegible]se healthy ingredients in the proportion recommended in the [illegible]

3) Enjoy Your Food - enjoying y[illegible] the time to taste it. Eating more slowly and chewing more. It is about ch[illegible] varie[illegible]althy foods and flavours you like. Enjoy eating foods that are culturally importa[illegible] you.

4) Eat Meals With Others - Try socializing at mealti[illegible] away devices at mealtimes so you have a chance to talk to those at you[illegible] Take[illegible] the preparation of your food.

5) Use Food Labels - Read food labels so that you can choose foods that [illegible]he nutrients you need. Reading labels helps you know what is in your food, and helps you make healthier choices.

6) Limit Highly Processed Foods - highly processed foods have excess sodium, sugars and saturated fats.

7) Be Aware of Food Marketing - Food marketing is based on companies trying to make profits, not on helping you make healthy food choices, so that you maintain good health. The products marketed often have excess sodium, sugar and saturated fats.

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Curriculum Connection
D2.1

Activity Is the person following the Canada Food Guide recommendations?

1) On weekends, Luna eats her lunch while watching TV.	Yes	No
2) Ella wants to get back to her video game, so she scarfs down her dinner.	Yes	No
3) Sofia eats dinner with someone in her family, even when her family is busy.	Yes	No
4) Kayden [illegible]es the flavours in his dinner with his mom.	Yes	No
5) Eve[illegible] work, she treats herself to fast food.	Yes	No
6) Finn only eat[illegible]a t[illegible] once a week.	Yes	No
7) Rowan always ge[illegible] din[illegible] in the frozen food section.	Yes	No
8) Nova cooks dinner using fr[illegible]s a[illegible]s.	Yes	No
9) Ezra wants to be like her celebrity ro[illegible]el, so [illegible]od they eat.	Yes	No
10) Ivy reads the ingredient list, so she knows w[illegible]e is p[illegible]body.	Yes	No

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Reflection Do you follow the Canada Food Guide reco[illegible]da[illegible] what you could do better and what you do well.

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Curriculum Connection
D2.1

My Healthy Eating Habits

Objective What are we learning about?

Students will be able to describe and illustrate their daily meals to show healthy eating habits.



Materials What will you need for the activity?

- My Healthy Eating Habits worksheet
- Pencil
- Crayons or coloured pencils

Instructions How will you complete the activity?

1. Start with the Breakfast section. In the large circle, draw the foods you usually eat for breakfast.
2. In the glass beside the plate, draw or colour a healthy drink you usually have.
3. On the lines provided, complete the sentence: "For breakfast, I usually have..." and write what you eat.
4. Move to the Lunch section. Draw the foods you usually eat for lunch in the circle.
5. Draw or colour your drink in the glass beside the lunch plate.
6. Write what you usually eat for lunch on the lines provided.
7. Repeat the same steps for the Dinner section by drawing and writing your dinner meal.
8. Colour your drawings neatly.
9. Review your work to make sure each meal is complete and shows healthy food choices.
10. Submit your worksheet when finished.

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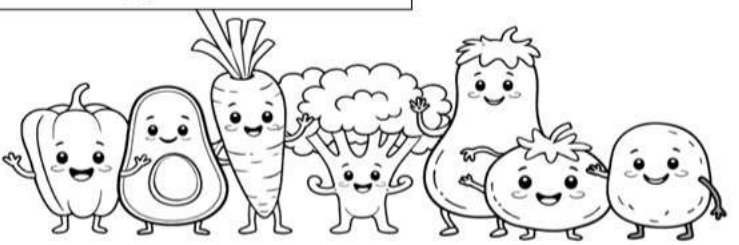
D2.1

My Healthy Eating Habits



Breakfast



For breakfast, I usually have

_____

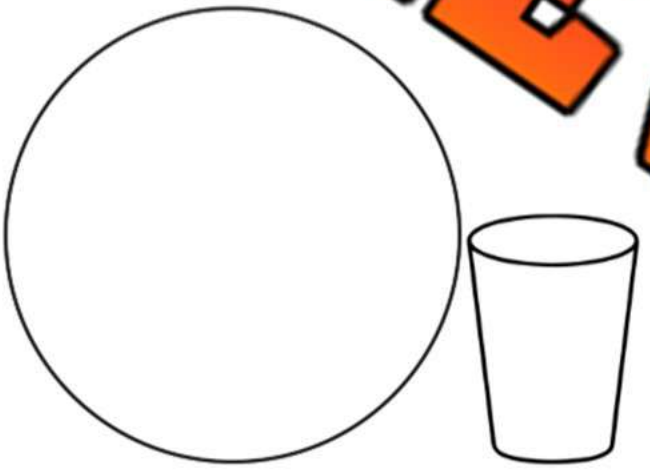
_____

_____

_____

_____

Lunch



lunch usually have

_____

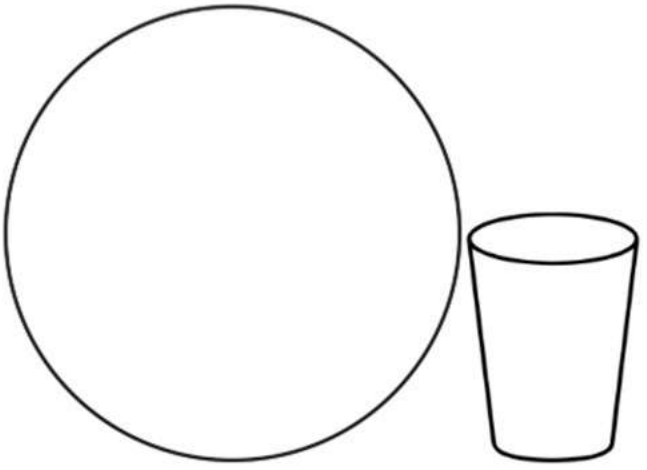
_____

_____

_____

_____

Dinner



For dinner, I usually have

_____

_____

_____

_____

_____

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Curriculum Connection
D3.1

Food Likes and Dislikes

Understanding Food Preferences

Everyone has different food likes and dislikes. What is important is finding a balance between what we enjoy and what is good for us.

What Influences Our Food Choices?

Food prefe es are shaped by different things, including:

- Perso Sweet, salty, sour, or bitter - we all have our favourites!
- C ily traditions and cultural practices can guide our food likes.
- Text and A The way food feels and looks can attract us or turn us away.

Making Healthy C

We all have likes and d s imp to make healthy choices. Here's how:



- Try New Foods: Experiment with dif its, v bles, and whole grains.
- Balance Your Plate: Include different food g to ma balanced meal.
- Cook Together: Cooking with others can be a fun way t er

Building a Healthy Relationship with Food

Understanding our food choices helps us have a healthy relationship with d by:

- Understanding if you are eating out of hunger, boredom, or emotions.
- Mindful Eating: Pay attention to what and how you eat. Enjoy every bite!
- Respect Others' Choices: Just like you, others have their own food preferences.

Embracing Variety

Even with food likes and dislikes, healthy eating does not have to be boring or difficult. By exploring new flavours, respecting individual preferences, and making balanced choices, we can enjoy a healthy diet that fits our unique tastes.

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Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) Personal taste influences food choices.	True	False
2) Cultural influence has no impact on food likes.	True	False
3) Trying new foods can be a healthy choice.	True	False
4) Cooking together can be a way to discover new favourites.	True	False
5) It's important to recognize feelings when eating.	True	False

Making Connections

What does this remind you of in your life? Write down a food you had recently and describe how it made you feel. Did you enjoy it? Why or why not?

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Direction

List the foods you like and dislike.

Likes	Dislikes

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Curriculum Connection
D3.1

Food Choices and Personal Values

How Personal Values Shape Our Food Choices

What we decide to eat can be influenced by our beliefs, traditions, ethics, and preferences. Whether it's choosing to eat vegetarian because of animal welfare concerns or selecting organic produce for environmental reasons, our food choices reflect our personal values.

Ethical Co tions



Food dec s b based on their ethical beliefs including:

- A w re- ge eggs
- Envir nmenta lity meat free diet
- Fair trade p fair tr and chocolate
- Support for local her produce

Cultural and Religious Influen

Our cultural background and religious b an als significant role in our food choices. Here's a list of some ways culture and reli migh nce what we eat:

- Religious Dietary Rules: Certain religions ha cific tions, such as avoiding pork in Islam or beef in Hinduism.
- Cultural Preferences: Different cultures have unique cu trad preferences, which can shape our taste preferences and food ch

PREVIEW

Health and Personal Preferences

Some individuals choose their food based on health considerations, such as dietary needs or weight management. Personal likes and dislikes, allergies, or sensitivities to certain foods are also key factors in our food choices.

The Power of Informed Choices

Understanding our food choices helps us make informed decisions that align with our values, beliefs, and needs. By reflecting on our values and considering the impact of our choices, we can enjoy food that not only nourishes our bodies but also feeds our souls.

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D3.1

True or False

Is the statement true or false?

1) Animal welfare affects some people's food choices.	True	False
2) Local farmers are supported by some food choices.	True	False
3) All religions have the same dietary rules.	True	False
4) Food allergies never influence food decisions.	True	False
5) Environmental sustainability is an ethical consideration.	True	False

Questi

nswer the questions below.

1) How do ethic ion pact food choices? Provide an example.

2) What are some personal factors that de in food choices?

PREVIEW

Write

Write a letter to a friend explaining a food choice you m
ethical considerations and asking them to consider the same e.

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D3.1

Activity – Food Choices and Personal Values Role Play

Objective

What are we learning about?



Help students understand how personal values, culture, beliefs, an[illegible]eferences can influence the food choices people m[illegible]

PREVIEW

Materials

W[illegible]u need for the activity?

- Scenario cards ab[illegible] values (culture, religion, environment, health)
- Pencil and paper
- Optional props (food pictures, menu[illegible]rocery i[illegible])
- Space in the classroom for role-playing

Instructions

How will you complete the activity?

1. Explain that people choose foods based on different personal values[illegible]as culture, religion, environmental concerns, and health needs.
2. Read and discuss examples of how values influence food choices.
3. Divide the class into small groups and give each group a scenario card.
4. Ask each group to discuss what value is influencing the food choice in the scenario.
5. Have groups act out the situation, showing the reason behind the food choice.
6. After each role play, discuss how respecting different values can help people make thoughtful and respectful food decisions.

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D3.1

Scenario Cards Cut out the topics below.

Scenario	Key Moments/Descriptions
Choosing Plant-Based Foods	During lunch, a classmate chooses a plant-based meal because they care about the environment and animal welfare. Some friends question their choice and ask why they avoid meat. You think about how personal values can affect food decisions.
Religious F… Choices	…end does not eat certain foods because of their religion. At a …up … someone offers them food that is not allowed in …heir … …ice how religious beliefs influence what people …e…
Supporting Local Farmers	Your family de… buy fr… …d vegetables from a local farmer's market instead o… …rge s… …rket. They explain that supporting local far… is i… …m. You think about how values can influenc… …e people… …od.
Environmental Food Choices	In class, students discuss reducing their env… …mpact. One student says they try to eat less meat to help … planet. Others are curious about how food choices can affect the environment.
Food Allergies and Personal Needs	During a school event, a student avoids certain foods because they have allergies. Some classmates ask why they cannot eat the same snacks. You realize how health needs can shape a person's food choices.

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Curriculum Connection
D3.1

Scenario Cards Cut out the topics below.

Scenario	Key Moments/Descriptions
Choosing Organic Foods	At the grocery store, your family chooses organic fruits and vegetables even though they cost more. They explain that they want food grown without harmful chemicals. You think about how environmental values influence food choices.
Trying Cultural	ng a class cultural food day, a student brings a traditional fr ir culture. Some classmates are curious and ask questi e ingredients and traditions. You realize how c uence people eat.
Avoiding Certain Meats	A classmate ex hat th ot eat certain meats because of their cultural or religio iefs. lunch, others ask why their meal looks differe thi sting different food choices.
Choosing Fair-Trade Products	While shopping, your parent chooses fair-t instead of a regular brand. They explain that fair-trade p cts help farmers receive fair wages. You consider how ethical values affect buying decisions.
Health-Based Food Choices	A friend chooses foods with less sugar and more vegetables because they want to stay healthy. Some classmates prefer fast food instead. You notice how health goals can influence what people eat.

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D3.1

Cultural Practices and Teachings

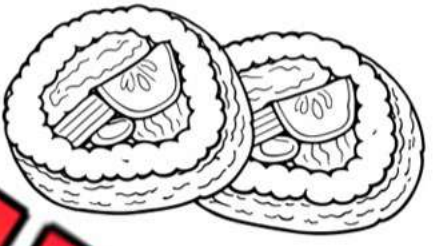
The Influence of Culture on Food Choices

Culture plays a significant role in shaping food preferences and eating habits. Different cultures have unique traditions, beliefs, and practices that guide the choices of food items.

Cultural Tr[illegible]ions and Meal Preparation

Each cultu[illegible]ecific methods of preparing and cooking food. For example, in Japan[illegible]called "sushi" is quite popular. In contrast, many Indian dishes emphas[illegible]he use[illegible]nd herbs. Some culinary traditions include:

- Japanese: [illegible]i, an[illegible]dishes.
- Indian: Curries,[illegible]eads[illegible]n options.
- Italian: Pasta, pizza, a[illegible]-bas[illegible]
- Mexican: Tacos, enchiladas,[illegible]



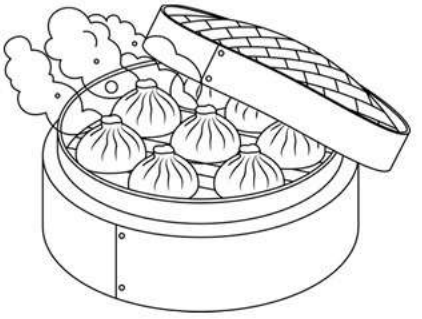
Religious Beliefs and Dietary Restrictions

In many cultures, religious beliefs also dictate fo[illegible]oice[illegible]. Jewish dietary laws prohibit the consumption of pork and shellfish, a[illegible]m[illegible]dietar[illegible]tices require that meat be Halal. Here are some religious guidelines that [illegible]nce

- Kosher: Jewish laws dictate specific foods and preparation met[illegible]
- Halal: Islamic laws guide the selection of meat and its preparation.
- Vegetarianism in Hinduism: Many Hindus abstain from eating beef or any meat.

Celebrations and Cultural Foods

Cultural traditions often involve special foods served during festivals and celebrations. For example, Chinese New Year may include foods like dumplings, which symbolize prosperity, and mooncakes during the Mid-Autumn Festival.



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Curriculum Connection
D3.1

Questions

Answer the questions below.

1) How does religion influence food choices in different cultures?

2) Explain how cultural practices affect daily meals and eating habits.

PREVIEW

True or False

Is the statement true or false?

1) Sushi is popular in Indian c	True	False
2) Jewish dietary laws prohibit pork.	True	False
3) Islamic dietary practices require Halal meat.	True	False
4) Many Hindus abstain from eating meat.	True	False
5) Cultural traditions don't affect food choices.	True	False

Create

Create a menu for a cultural celebration, including appetizers, main courses, and desserts.

Celebration of		
Appetizers	**Main Courses**	**Desserts**

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Curriculum Connection
D3.1

Story: Cultural Culinary Adventures

Draw | Draw pictures that illustrate the story.

A Global Plate Adventure

In the bustling city of Toronto, young Aarav eagerly awaited his school's Cultural Culinary [illegible] designed to take students on a gastronomic journey around the world. [illegible] student, Aarav was fascinated by how different cultures infl[illegible]d eating [illegible]nd was excited to learn more. His first stop was Italy, where he dis[illegible] Ital[illegible]s consume a staggering 23 kilograms of pasta per person annuall[illegible]act hi[illegible] the importance of pasta in Italian diets, a staple food enjoyed [illegible]orms [illegible] the country.

Next, Aarav ventured into the heart [illegible]n, lea[illegible]about the traditional Japanese diet, rich in rice, seafood, and vegeta[illegible]. He [illegible]trigued to find out that the Japanese eating practice of "Hara H[illegible] Bun[illegible]es eating until one is 80% full, promoting longevity and health. Ja[illegible]ly obe[illegible]te, at just 3.5%, compared to Canada's 29.4%, showcased the impa[illegible]f di[illegible] health.

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D3.1



In Mexico, Aarav explored the vibrant flavours of Mexican cuisine, which included a wide variety of corn-based dishes like tacos and tamales. He learned that corn has been a fundamental part of Mexican culture for over 9,000 years, illustrating the deep connection between food and cultural heritage.

Crossing over to India, Aarav was introduced to the concept of Ayurveda, an ancient system of medicine that emphasizes the medicinal qualities of food. He found it fascinating that Ayurveda classifies food into three categories - sattva, rajas, and tamas - each affecting the body and mind in different ways.

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In Ethiopia, Aarav's taste buds were tantalized by injera, a sourdough flatbread that is a staple in every meal. He learned about the communal eating practice, where families and friends gather to share food from a single platter, symbolizing unity and equality.

Travelling north to Canada, Aarav discovered the indigenous practice of eating seasonal and local foods, reflecting a deep respect for nature and sustainability. He learned about the importance of wild game and fish in indigenous diets, which are rich in nutrients and have been harvested sustainably for centuries.

PREVIEW

PREVIEW

In France, Aarav was introduced to the concept of ... the ... that the local environment, including soil and climate, influences ... fl... ... is concept is especially evident in the production of wine and ch... ...sing the French appreciation for quality and origin in their cuisine.

Ending his culinary journey, Aarav reflected on how cultural practices and teachings enrich our diet, introducing us to new, healthy eating practices. He realized the importance of appreciating cultural diversity in food, understanding that personal and external factors greatly affect our food choices. Aarav's adventure had not only expanded his palate but also his perspective on the world, highlighting the beautiful tapestry of global cultures through the lens of food.

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D3.1

True or False

Is the statement true or false?

1) Italians consume over 20 kilograms of pasta annually.	True	False
2) Japan has a higher obesity rate than Canada.	True	False
3) Corn has been part of Mexican culture for centuries.	True	False
4) Indigenous Canadian diets primarily include processed foods.	True	False
5) Injera is [illegible]ple in Ethiopian meals.	True	False

Questi[illegible]

[illegible]ite three questions you have about the text.

1)	
2)	
3)	

Questions

Answer the questions be[illegible]

1) What does the Japanese practice "Hara Hachi Bun M[illegible]mate, and [illegible]does it affect health?

2) How does Ayurveda influence Indian eating habits, and what are the three categories of food it identifies?

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Curriculum Connection
D3.1

Activity – Around the World Food Plate

Objective What are we learning about?

Students will explore foods from different cultures by identifying and drawing dishes they have tried or would lik from different countries.



Materi Wh u need for the activity?

- Food plate t e wo
- Pencil
- Crayons or coloured pe
- Reference pictures of foods fro ent cu (optional)

Instructions How will you complete the ac ?

1. Look at the plate template with the divided sectio
2. Think about different foods from different cultures that yo av or would like to try.
3. Draw one food in each section of the plate. Each section should represent a food from a different culture or country.
4. Add colours and small details to make your foods look realistic.
5. Label the name of each food and write the country or culture it comes from beside your drawing.
6. Be ready to share your favourite food from your plate with the class and explain why you would like to try it or why you enjoyed it.

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D3.1



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Curriculum Connection
D3.1

Newspaper Article: Fuel for Fitness

"Sports Nutrition: Fueling Active Bodies"

Published on February 8, 2026

PREVIEW

In the w[illegible] exercise, eating right [illegible] about [illegible] junk food; it's about fueling [illegible] th[illegible] nutrients to keep [illegible]ving. [illegible] agree that a balanced die[illegible] anyone who's active, whether [illegible] soccer player or just love biking aroun[illegible] the neighbourhood.

Hydration is the starting point. "Drinking enough water is crucial for performance and safety during physical activity," says Dr. Simran Kaur, a sports nutritionist. She points out that being even a little bit dehydrated can make you feel tired and decrease your ability to run or think fast.

Protein is another big part of the sports nutrition puzzle. It helps repair and build your muscles, especially after a tough workout. "Active kids need more protein than those who aren't as active," Dr. Kaur explains. But she warns against going overboard, as our bodies have limits on how much protein they can use at once.

Energy foods, like carbohydrates, are your body's main fuel source. Whole grains, fruits, and vegetables can give you a steady energy supply, unlike sugary snacks [illegible] only offer a quick spike in energy [illegible]y a crash. "Choosing the right kind [illegible]s i[illegible]ssential," says Michael T[illegible]on, a [illegible]ol soccer coach. "W[illegible] cou[illegible]y [illegible] to eat foods like oath[illegible]n ric[illegible] sweet potatoes to ke[illegible] thei[illegible]e[illegible]y[illegible]."

Remember, what you eat and drink plays a big role in how you perform and how you feel during sports and exercise. Eating a balanced diet with plenty of water, the right amount of protein, and healthy carbs can help you reach your fitness goals and keep your body strong and ready for action.

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D3.1

True or False

Is the statement true or false?

1) Hydration affects physical performance.	True	False
2) Dehydration can make you feel energized.	True	False
3) Carbohydrates are the main energy source.	True	False
4) Sugary snacks provide long-lasting energy.	True	False
5) Water increases energy levels.	True	False

Questions

Answer the questions below.

1) Why is hydration important for active individuals?

2) What role does protein play in sports?

PREVIEW

Word Search

Find the words in the wordsearch.

Water	Protein
Energy	Muscle
Grains	Fruits
Sports	Oatmeal
Health	Fitness
Active	Soccer
Cycle	Rice

D M N W J C L Z Q O L O I L E K U Z
H G B P S V L I W T V P P J W X N N J K
Z E O M K X B I Z I S I F U Z G E K Q G
K G U W A T E R H E A L T H L C R E T R
O O U B U B U A C T I V E D Z C G L L O
I T I R I S E Y M B D G X G Z Y Y D L A
W C M M A T C S F U N Q N E K C W Y G T
D D B J G I I N I J S J Y T A L M P S M
H S J D J U R I T X P C Q D M E J I P E
S N K H S R Z A N K R N L V T H U R O A
C Y E O J F R R E N O P X E O U P E R L
N E A R Z Y L G S F T S N A W Y W C T I
V N X Q M N N Y S Z E U Q R E Z D C S I
U V D H T Q L M B Y I U T G U B F O K T
Y J Z Y G T Y N H N N D C C K S V S F D

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Curriculum Connection
D3.1

Are You Too Busy To Eat Healthy?

The Challenge of Eating Healthy

Eating healthy food is important for your body and mind, but sometimes, busy schedules can get in the way. Whether it's school, sports, or other activities, being too busy might make you reach for fast or unhealthy food choices.

Quick but [illegible]aus Options

You don't [illegible] the kitchen to eat healthy. Here are some fast and healthy options:

- [illegible] they can be eaten fresh, or you can cut them up ahead of time.
- Whole Grains: [illegible] bread or pasta is healthier than white flour options.
- Nuts and Se[illegible] are a [illegible]rce of energy and can be eaten on the go.

Planning Ahead: A Solutio[illegible]

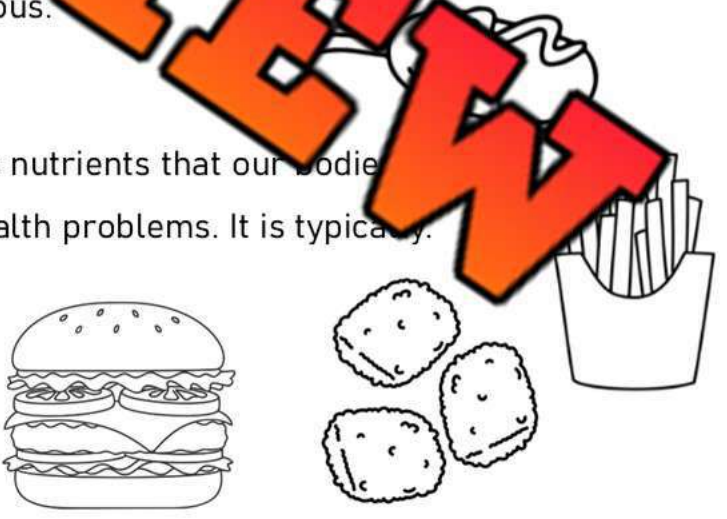
- Making a Meal Plan: By pla[illegible] you [illegible] week, you can include healthy options and have ingredients ready [illegible]olds th[illegible]to unhealthy fast food.
- Packing Lunch: Preparing and packing your lun[illegible] hom[illegible]ive you control over what you eat and ensure that it's nutritious.

PREVIEW

The Impact of Fast Food

Fast food might save time, but it often lacks nutrients that our bodie[illegible] need. Relying on it too much can lead to health problems. It is typica[illegible]:

- High in sugar
- Rich in unhealthy fats
- Low in essential nutrients



Healthy Eating is Possible!

Being busy doesn't mean you have to compromise on healthy eating. With a little planning and smart choices, you can enjoy nutritious meals even on the busiest days. Remember, taking care of your body through healthy eating gives you the energy you need to enjoy all the activities you love!

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Curriculum Connection
D3.1

Questions

Answer the questions below

1) What are three quick, but nutritious food options mentioned in the report?

2) What are two suggestions given in the report to eat healthy despite a busy schedule?

PREVIEW

True or False

Is [illegible] true or false?

1) Fruits and vegetables are q[illegible] nu[illegible]ns.	True	False
2) Fast food is low in essential nutrients.	True	False
3) Eating healthy takes a lot of time.	True	False
4) Packing lunch at home limits healthy eating.	True	False
5) Fast food provides all the nutrients our bodies need.	True	False

Reflection

Write about your personal experience or challenges in [illegible] and how you can use the tips from the report to improve your eating h[illegible]

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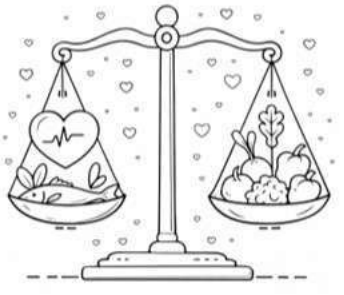
Curriculum Connection
D3.1

Tailored Diets for Better Health

Eating Right for Your Health

Different health conditions require different types of food. Just like a key opens a specific lock, certain diets can help unlock better health for people with conditions like diabetes, heart disease, and allergies. Choosing the right foods can help manage or even prevent these conditions.

Diets That Make a Difference



For Diabetes

- Goal: Keep blood sugar levels stable.
- Foods to enjoy: Vegetables, whole grains, lean meats.
- Foods to avoid: Sugary snacks, white bread.

For Heart Disease

- Goal: Keep the heart healthy and blood pressure in check.
- Foods to enjoy: Fruits, vegetables, [illegible]
- Foods to avoid: Foods high in salt and bad fats.

For Allergies

- Goal: Avoid foods that trigger allergic reactions.
- Common allergens: Peanuts, milk, eggs, shellfish.

Seeking Professional Guidance

It's super important to work with healthcare professionals or dietitians when you're following a special diet. They know a lot about food and health and can make sure the diet is helping, not hurting.

Why Personalized Diets Matter

Everyone is unique, and so is their health. A diet that helps one person might not work for another. That's why having a diet plan made just for you is so important. It takes into account your specific health needs and what foods are best or worst for you.

Eating according to a special diet can seem tricky at first, but it's a powerful way to take control of your health. With the right food choices, you can manage your condition more effectively and live a healthier life.

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Questions

Answer the questions below.

1) How can special diets improve overall well-being?

2) Why are [illegible] nutrition plans important?

PREVIEW

Check

Check the box[illegible] how h[illegible] diet advice.

❑ Eat whole grains and vegetables	❑ Av[illegible]ds high in salt
❑ Limit sugary snacks	❑ [illegible] vege[illegible]n
❑ Choose fruits and nuts	❑ Add[illegible]ar to [illegible]
❑ Drink soda every day	❑ Avoid foods that [illegible]
❑ Eat more candy for energy	❑ Eat salty snacks daily

True or False

Is the statement true or false?

1) Special diets can prevent health conditions.	True	False
2) Diabetes requires a high-sugar diet.	True	False
3) Heart disease diets exclude fruits.	True	False
4) Special diets consider individual health needs.	True	False
5) Allergies can be managed with diet changes.	True	False

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Story: Vegetarian and Vegan Diets

Nia's Plant-Powered Nutritious



Nia, a curious seventh-grader from Montreal, noticed a new trend: many of her friends were choosing vegetarian or vegan diets. With about 10% of her fellow Canadians adopting [illegible] diets, Nia was keen to understand why.

Veg[illegible] and vegans avoid all animal products, including eggs and dairy. Ni[illegible] found [illegible]ese diets could reduce the risk of various diseases and are kind to the [illegible]oo. Sh[illegible]d to give it a try, conscious of the need to balance her meals w[illegible] se[illegible]ins like beans and nuts, iron from spinach, and vitamin B12 [illegible]tifie[illegible].

Cooking became an exciting experim[illegible], with N[illegible]ing [illegible]recipes like spicy lentil tacos and creamy almond milk smoothies. S[illegible]appe[illegible]ith her classmates about new foods they'd tried, and they [illegible]d at t[illegible]ativity involved in plant-based cooking.

As she journeyed through flavours and nutrients, Nia appreciated h[illegible]rsonal choices, such as diet, reflect one's values and cultural background. She also learned that with thoughtful planning, vegetarian and vegan diets could be both nutritious and delicious.

Nia's adventure wasn't just about new foods; it was a lesson in diversity and respect for others' choices. And as she shared a vegan chocolate cake with her classmates, she realised that food could bring people together, no matter their diet.

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Questions

Answer the questions below.

1) What are two health benefits of a vegetarian or vegan diet that Nia discovered?

2) What ar[illegible] important nutrients that Nia had to consider in her diet and why?

True or False

Is [illegible] true or false?

1) Vegetarians do not eat meat.	True	False
2) Vegans consume dairy and eggs.	True	False
3) Plant-based diets can reduce disease risks.	True	False
4) Vegan diets are harmful to the environment.	[illegible]ue	False
5) Lentils are a source of protein for vegetarians.	[illegible]e	False

Diagram

Draw a plant-based balanced meal.

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Collage Create a collage that compares vegan diets with diets that include animal products. Use drawings, words, or pictures of foods.

Vegan Diet	Non-Vegan Diet (Animal Products)

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Question What are some differences between a vegan diet an[illegible]udes animal products, and why might people choose one over t[illegible]er?

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D3.1

Exit Cards

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

Name: _____

Check the actions that show healthy vegetarian or vegan choices.

1) Eating beans and nuts for protein	
2) Eating only junk food	
3) Choosing vegetables and fruits	
4) Drinking sugary soda often	
5) Respecting others' food choices	
6) Eating tofu or beans instead of meat	
7) Trying new vegetable dishes	
8) Choosing whole grains and legumes	

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Home-Cooked Meals: Nutrition on a Budget

A Healthier Choice: Cooking Meals at Home

Home-cooked meals allow us to make healthy choices without spending too much. By selecting fresh ingredients, we can create dishes that are both tasty and nutritious. The following list shows ways to ensure nutritional value without breaking the bank:

- Buying [illegible]season produce.
- Using [illegible]ains.
- In[illegible]nd lentils as protein sources.
- Co[illegible] with l[illegible] added sugars.



Family Time and [illegible]velopm

Preparing meals at ho[illegible] bond with family. It provides opportunities to w[illegible]her, [illegible]ren about nutrition and develop cooking ski[illegible].

Planning Meals and Shopping Smart

- Planning Meals for the Week and Making a S[illegible]ng L[illegible]s: [illegible]you avoid unnecessary purchases and stick to your budget. B[illegible]rganized [illegible]d to savings and less food waste.
- Cooking in Batches and Using Leftovers: Cooking larger quantiti[illegible]tovers creatively can save both time and money. For example, leftover grille[illegible]ken can be used in sandwiches, salads, or wraps.

Dietary Needs and Preferences: Customizing Your Meals

Home cooking gives you control over the ingredients, allowing you to cater to allergies or specific dietary preferences. You can adjust recipes to suit your family's needs.

Experimenting with Flavours and Cultures

Home cooking provides a canvas for culinary creativity. You can try different herbs, spices, and international recipes, all while keeping an eye on nutritional content.

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True or False

Is the statement true or false?

1) Home-cooked meals are always expensive.	True	False
2) Buying in-season produce can be budget-friendly.	True	False
3) Cooking larger quantities can save time.	True	False
4) Home cooking doesn't allow adjusting for allergies.	True	False
5) Using wh grains is a healthy choice.	True	False

Question

e questions below.

1) Why is cooki con ered a good practice?

2) How can home cooking be adjusted f gies or l diets?

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Write

Create a dinner menu and a menu for lunch that uses le nner.

Dinner Menu	Lunch Menu

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The Environmental Impact of Our Food Choices

How Our Food Choices Affect the Planet



Every time we eat, we make choices that impact the environment. The way food is produced, transported, and consumed can either help or harm our planet. Understanding these impacts can help us make better decisions for our health and the environment.

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Key Environmental Impacts

- Food miles: This term refers to the distance food travels from where it's grown to where it's eaten. Longer distances mean more fuel is used, leading to greenhouse gas emissions. For example, eating an apple grown locally has less impact than one flown in from another country.

- Organic Farming: Organic farming methods or significantly reduces the use of synthetic pesticides and fertilizers, which can be harmful to the environment. By choosing organic foods, you support farming practices that are better for the planet.

- Sustainable Eating Practices: These include choosing local and seasonal foods, reducing meat consumption, and minimizing food waste. Each of these actions can significantly reduce your environmental footprint.

Making a Difference with Your Plate

- Choose local and seasonal foods to reduce food miles.
- Consider organic options to support environmentally friendly farming.
- Reduce meat consumption to lessen the demand for resource-intensive livestock farming.
- Minimize food waste by planning meals and storing food properly.

Why It Matters

Our food choices are a powerful way to express our values and impact the world. By choosing foods that are good for the environment, we contribute to a healthier planet and a better future. It shows that even small changes in our daily habits can make a big difference.

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True or False

Is the statement true or false?

1) Food miles refer to the nutrition value of food.	True	False
2) Organic farming uses fewer synthetic chemicals.	True	False
3) Reducing meat consumption can lower environmental impact.	True	False
4) Seasonal foods are better for the environment.	True	False
5) Sustainable eating includes eating only organic foods.	True	False

Questions

swer the questions below.

1) W ch cal and seasonal foods?

2) How does organic farming benefit th ment

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Draw

Draw a picture that shows one environmental impact of our food c . Your drawing should illustrate how food production, transportation, or w e can affect the environment.

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Newspaper Article: Impact of Advertising on Food Choices

"Tasty Ads: How They Shape Our Meals"

Published on February 9, 2026

Imagine [illegible]g through your favouri[illegible]els or scrolling thro[illegible]nd seeing ad aft[illegible]d sh[illegible]delicious, juicy burge[illegible]urin[illegible]d crunchy snack[illegible]ho s[illegible] these images mak[illegible]ns water, but have you e[illegible]ned to think about how they in[illegible]enc the foods we choose to eat?

Recent studies have shown that food advertising significantly impacts our eating habits, especially among youth. With Canadians watching an average of 2.5 hours of TV daily, children and teenagers are exposed to numerous food advertisements promoting less healthy options. Dr. Hannah Lee, a nutrition expert at the University of Toronto, explains, "Food marketing is incredibly powerful. It not only influences our preferences but also our perception of what's 'normal' to eat."

One eye-opening statistic reveals that 70% of food and beverage ads seen by children promote products high in sugars, fats, and salt. "These advertisements are designed to appeal to our senses and emotions," Dr. Lee adds. "They create a desire for foods that may not be the best choice for our health."

But it's not just experts who notice [illegible]mpact. Jamie, a grade 7 [illegible]shares, "After seeing ads for s[illegible]nd snacks, I find myself cra[illegible]the[illegible]en when I'm not h[illegible]y. It's [illegible]ads are telling me [illegible]

The influen[illegible]of a[illegible] food choices is a[illegible] prompts us to think c[illegible]ly about the media messages we consume daily. By understanding the tactics used in food marketing, individuals can make more informed choices about their diets. As we navigate a world filled with enticing food ads, it's important to question, "Am I choosing this because I want it, or because an ad made it look irresistible?"

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True or False

Is the statement true or false?

1) Advertising doesn't affect which foods we want to eat.	True	False
2) Dr. Lee believes food ads influence eating habits.	True	False
3) Children see many healthy food ads on TV.	True	False
4) Most food ads promote high-sugar, fat, and salt products.	True	False
5) Understanding ads can help us make healthier choices.	True	False

Question

...er the questions below.

1) How ...h TV d... ...s watch on average daily?

2) How do food ads influence our perce... ...ting?

PREVIEW

Word Search

Find the words in the wordsearch.

Ads	Foods
Sugars	Fats
Salt	Crave
Snack	Media
Choice	Health
Drink	Juicy
Taste	Watch

Y	O	U	P	R	F	Q	F	I	U	Y	S	F			G	G	Y	E	I
J	U	I	T	Y	Q	R	J	J	X	B	W	O	S		F	Z	R	O	T
E	R	W	B	U	D	S	H	T	Z	Y	Y	H	K	B	O	M	M	E	G
L	Q	U	F	G	J	S	P	K	X	Z	M	H	W	H	O	L	A	C	T
W	I	E	J	V	O	N	N	H	L	E	A	E	A	D	D	P	F	I	A
Z	S	Q	C	M	P	A	U	C	M	K	B	A	T	R	S	A	O	O	S
G	E	A	Q	M	L	C	F	A	B	Q	I	L	C	I	W	M	S	H	T
F	N	A	L	H	T	K	A	X	J	X	C	T	H	N	A	D	N	C	E
P	B	O	Y	T	L	R	Q	R	C	M	K	H	B	K	D	U	C	Z	S
H	Y	W	E	D	R	J	V	V	N	U	P	Y	F	W	S	V	N	Y	Y
O	R	A	R	G	H	D	F	B	D	W	C	W	V	E	F	A	T	Z	C
D	A	I	W	J	A	I	X	S	K	S	I	L	Q	S	J	C	P	V	I
C	K	D	Q	I	W	S	Z	U	C	C	R	A	V	E	S	X	B	M	U
W	H	E	F	A	T	S	V	S	U	G	A	R	S	M	J	E	R	E	J
T	Q	M	Z	F	Q	R	I	E	Z	V	E	H	N	M	W	C	Z	H	Z

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Activity: Create Your Own Food Advertisement

Objective

What are we learning about?

Students will understand how advertising influences food choices by designing their own food advertisement and applying persuasive techniques used in media.

Materials

What will you need for the activity?

- Advertisem[illegible] wo[illegible]heet or blank paper
- Pencil
- Crayons or colou[illegible]d
- Markers (optional)



Instructions

How will you complet[illegible]e activ[illegible]

1. Read the article "Impact of Advertising on F[illegible]s."
2. Think about a food you would like to advertise. You [illegible]ch[illegible] food or snack.
3. Create your own food advertisement on the worksheet.
4. Include the name of the food product, a catchy slogan, a drawing or picture of the food, and words that make the food sound appealing.
5. Use colours and creative designs to make your advertisement eye-catching.
6. Think about the techniques advertisers use, such as exciting words, attractive images, or messages that make people want to try the food.
7. When finished, share your advertisement with the class and explain how your ad encourages people to choose the food.

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D3.1

Food Advertisement



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D3.1

Exit Cards

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

Name: _____

Does this show media influence on food choices?

1) Wanting a burger after seeing a food ad.	Yes	No
2) Choosing fruit instead of chips.	Yes	No
3) Buying snacks because an ad looks tasty.	Yes	No
4) Learning about healthy foods before choosing.	Yes	No
5) Craving soda after watching a commercial.	Yes	No

Name: _____

Does this show media influence on food choices?

1) Wanting a burger after seeing a food ad.	Yes	No
2) Choosing fruit instead of chips.	Yes	No
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3) Buying snacks because an ad looks tasty.	Yes	No
4) Learning about healthy foods before choosing.	Yes	No
5) Craving soda after watching a commercial.	Yes	No

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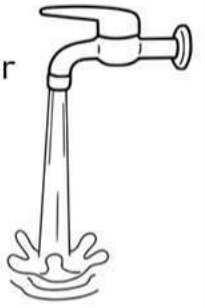
Access to Clean Drinking Water

The Importance of Clean Water



Water is essential for life. It is needed for drinking, cooking, cleaning, and other daily activities. In Ontario, many of us are fortunate to have access to clean drinking water by turning on our taps, but this is not the case for everyone.

Understa ater Contamination in Ontario

In Ont some source water becomes contaminated include human activiti ke imp osal of waste, agricultural run-off containing pesticides and fertilizer k rom systems and natural causes such as heavy rain leading to ove of into water bodies.

Boil Water Advisory: What

A boil water advisory is a public noti d by authorities to alert the community when the drinking water is or could onta d with harmful microorganisms. During an advisory, people boil r least one minute before using it for drinking, cooking and other con le purpo

What Boiling Water Can and Cannot Solve



Boiling water kills many types of harmful bacteria, viruses, and parasites. It is a simple and effective method to make water safe for consumption. However, boiling water does not remove contaminants like heavy metals, pesticides, or other chemical pollutants.

Reflection

Understanding why water may become contaminated helps us protect our health. It also encourages responsible practices in handling waste and chemicals that can affect our water supply. It's a reminder that clean water is a precious resource.

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True or False

Is the statement true or false?

1) Contamination can only be caused by human activities.	True	False
2) Boiling water removes all types of contaminants.	True	False
3) Heavy rain cannot lead to water contamination.	True	False
4) Boiling water for one minute is recommended during an advisory.	True	False
5) Proper waste disposal can prevent water contamination.	True	False

Questions

Answer the questions below.

1) What should boil water advisory and when is it issued?

2) Name two things that boiling water can solve and one thing it can't.

Draw

Design a poster encouraging water conservation.

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D3.1

Activity: The Journey of Clean Water

Objective

What are we learning about?

Students will understand the stages in the process of how clean drinking water reaches homes by illustrating and describing each step from the water source to the tap.

Materials

What will you need for the activity?

- W rocess t
- Penci
- Crayons o u pencils
- Markers (opti



Instructions

How will y ple y?

1. Write your name at the top of the w ksheet.
2. Follow the pipes from the bottom box to th box t e the journey of clean water.
3. In the bottom box, draw or label where water comes fr uch reservoir, or underground water source.
4. In the middle-left box, draw or label how water is cleaned and filter emove dirt, germs, and other impurities.
5. In the middle right box, draw or label how water is stored and transported through pipes, such as water tanks, water towers, or pipelines.
6. In the top box, draw or label how clean water reaches people, such as through taps, sinks, or drinking fountains.
7. Add short labels or simple sentences to explain each stage of the water journey.
8. Colour your drawings neatly and check that the steps follow the correct order from source to tap.

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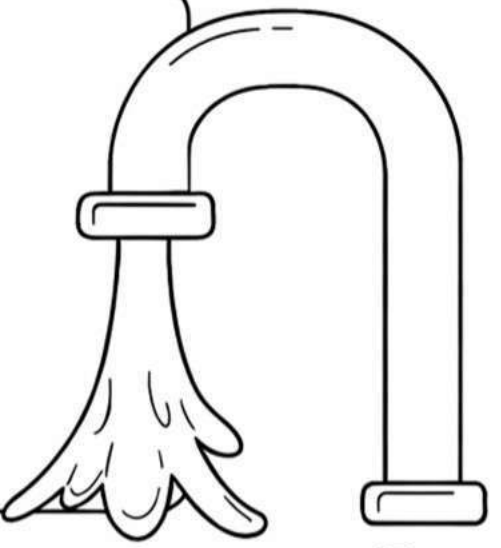
Draw and label how water reaches people.



Draw and label how water is cleaned and

Draw and label how water is stored and moved through pipes.

Draw and label where water comes from.

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Basic Food Skills

Knowing the Basics: Introduction to Food Skills

Food skills are essential for every person, no matter their age. These skills not only help you make tasty meals but also ensure that the food is nutritious and safe to eat.

Skill Set 1: Safe Food Handling

- Washi[illegible]ds: Always wash your hands before handling food.
- Usin[illegible]Cutting Boards: Use separate boards for raw m[illegible]nd veget[illegible]void cross-contamination.
- Cooking to th[illegible]per[illegible]re: Cook food to the recommende[illegible]al tem[illegible]o kill harmful bacteria.



Skill Set 2: Healthy Meal [illegible]g

Preparing healthy meals begin[illegible] kn[illegible]t and how to cook it.

- Understanding Nutritional Needs: K[illegible] differ[illegible]d groups and how they contribute to your health.
- Planning: Creating a weekly meal plan ensu[illegible]anc[illegible]a[illegible]d can save time and money.
- Using Fresh Ingredients: Choose fresh and in-season pr[illegible]e wh[illegible]

Skill Set 3: Basic Cooking Techniques

Learning how to cook involves understanding several core techniques:

- Chopping and Slicing: Practice cutting different types of vegetables and meats.
- Stirring and Mixing: Learn how to combine ingredients smoothly and evenly.
- Baking and Roasting: Understand how to use the oven for various recipes.

Skill Set 4: Budget-Friendly Tips

- Buy in bulk when possible.
- Use leftovers creatively.
- Cook in batches and freeze meals.



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D3.1

Questions Answer the questions below using evidence from the text.

1) How can using fresh ingredients contribute to healthy meal planning?

2) Give one [illegible]t-friendly tip that helps in maintaining nutrition.

Draw Draw 3 pictures sh[illegible] h[illegible] key sa[illegible] handling practices and label them below.

True or False Is the statement true or false?

1) You should wash hands before handling food.	True	False
2) Using one cutting board for all food is safe.	True	False
3) Cooking food to the right temperature is optional.	True	False
4) Planning weekly meals can save time and money.	True	False
5) Stirring and mixing are basic cooking techniques.	True	False

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Activity – "Basic Food Skills" Interview

Objective What are we learning about?

Help students understand the importance of basic food skills by interviewing a classmate about safe food handling, meal planning, and cooking practices.

Materials What will you need for the activity?

- [illegible] taking notes
- Interview [illegible] provided by the teacher
- Optional: [illegible] responses



Instructions How will [illegible] activity?

1. Begin by reviewing the meaning [illegible] including safe food handling, meal planning, cooking [illegible] -friendly tips.
2. Pair students randomly or allow them [illegible] sure each student understands the purpose of the [illegible]
3. Distribute the interview questions guide and [illegible] thoughtful and respectful questions.
4. Each student interviews their partner about their knowledge [illegible] with food skills such as washing hands before cooking, using fresh ingredients, planning meals, or helping prepare food at home.
5. Encourage students to give detailed answers and examples of what they do or have learned about cooking and food safety.
6. After both students finish interviewing, allow time for partners to share one important skill or idea they learned from each other.
7. Conclude with a class discussion about why learning basic food skills is important for healthy eating, safety, and everyday life.

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D3.1

Interview Questions

Introduction Questions
• Do you help prepare food at home? What meals do you usually help with? • What is one basic cooking skill you already know?
Food Safety
• Why d[illegible]ou think washing your hands before cooking is important? • What [illegible] you do to keep raw foods and cooked foods safe from cont[illegible]?
Mea[illegible]
• Do y[illegible]u or v[illegible] [illegible]lar[illegible]meals for the week? • How can [illegible]eals [illegible]ve time or money?
Cooking Skills
• What cooking skills [illegible]u like[illegible] more about? • Have you ever helped c[illegible]get[illegible]redients, or bake something?
Budget-Friendly Cooking
• What are some ways families can save mo[illegible]hen [illegible] food? • How can leftovers be used to make ano[illegible]eal?

Reflection	What did you learn about basic food skill[illegible]ur [illegible]mate[illegible] answers?

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Unit Test – Healthy Eating

Multiple Choice /10

1. What releases glucose slowly into our bloodstream? a) Sugary snacks b) Complex carbohydrates c) Sodas d) Packa[illegible]s	2. Where can healthy fats be found? a) Fast food b) Avocados c) Sugary drinks d) Processed meals
3. Wh[illegible] emphasize? a) Eati[illegible]ickly b) Watching T[illegible] c) Noticing food's [illegible] d) Ignoring hunger cues	4. What does "food miles" refer to? a) Calories in food b) Distance food travels c) Steps to make a meal d) [illegible]Price of food
5. What can eating too many p[illegible]ed foods lead to? a) Lower energy levels b) Weight loss c) Obesity d) Decreased sugar intake	[illegible]t is a benefit of plant-based [illegible]otei[illegible] a) Hi[illegible]calo[illegible] [illegible]ced h[illegible]e risk c) Incre[illegible]r level[illegible] d) More arti[illegible]avo[illegible]
7. How does water benefit the body? a) Increases dehydration b) Reduces energy c) Helps heart pump blood d) Promotes sugary drink consumption	8. What should you ch[illegible]d label? a) Colour of the packaging b) Serving size c) Brand name d) Price
9. Why is breakfast important? a) It's not important b) Only for taste c) Kickstarts metabolism d) Increases late-night cravings	10. The Mediterranean diet... a) Is mainly plant-based b) Leads to higher life expectancy c) Includes olive oil d) All of the above

PREVIEW

Define What do the terms below mean?

Term	Definition – What does it mean?
Complex Carbohydrates	
Food Allergy	
Malnutrition	

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

1) Why should we choose whole grains over refined foods?

2) How does mindful eating affect our digestion and eating habits?

3) Why is it important to be aware of the sugar content in beverages?

PREVIEW

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

1) Name and describe 5 factors that affect your food choices.

2) What are 5 benefits of eating healthy foods?

PREVIEW

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