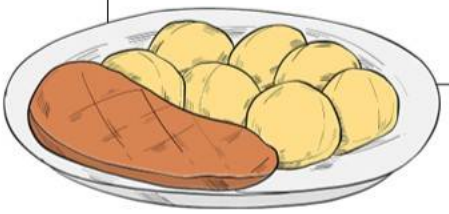
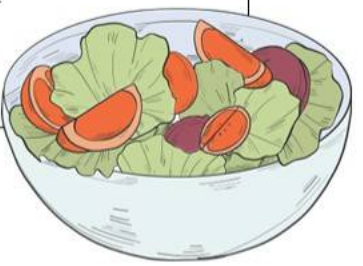
Workbook Preview

© Super Simple Sheets

Grade 4 – Health Unit

Healthy Eating





	Curriculum Expectations	Pages
D1.1	Identify the key nutrients (e.g., fat, carbohydrates, protein, vitamins, minerals) provided by foods and beverages, and describe their importance for growth, mental and physical health, learning, and physical	16-64
D2.1	recommendations and guidelines in Canada's Food Guides (e.g., make water their drink of choice; eat plenty of vegetables and fruits; eat meals with others; help with food shopping and meal preparation at home; trap, fish, hunt, harvest, and cultivate food)	6 – 15, 65 – 85
D3.1	Identify ways of promoting healthier eating habits in a variety of settings and situations (e.g., school, arena, recreation centre, stores, food courts, special events; when camping, having a snack or meal at a friend's house, eating on weekends versus weekdays)	86-103

Preview of 80 pages from this product that contains 153 pages total.

NAME: _____

Healthy Eating



© Super Simple Sheets

Name: _____ 6

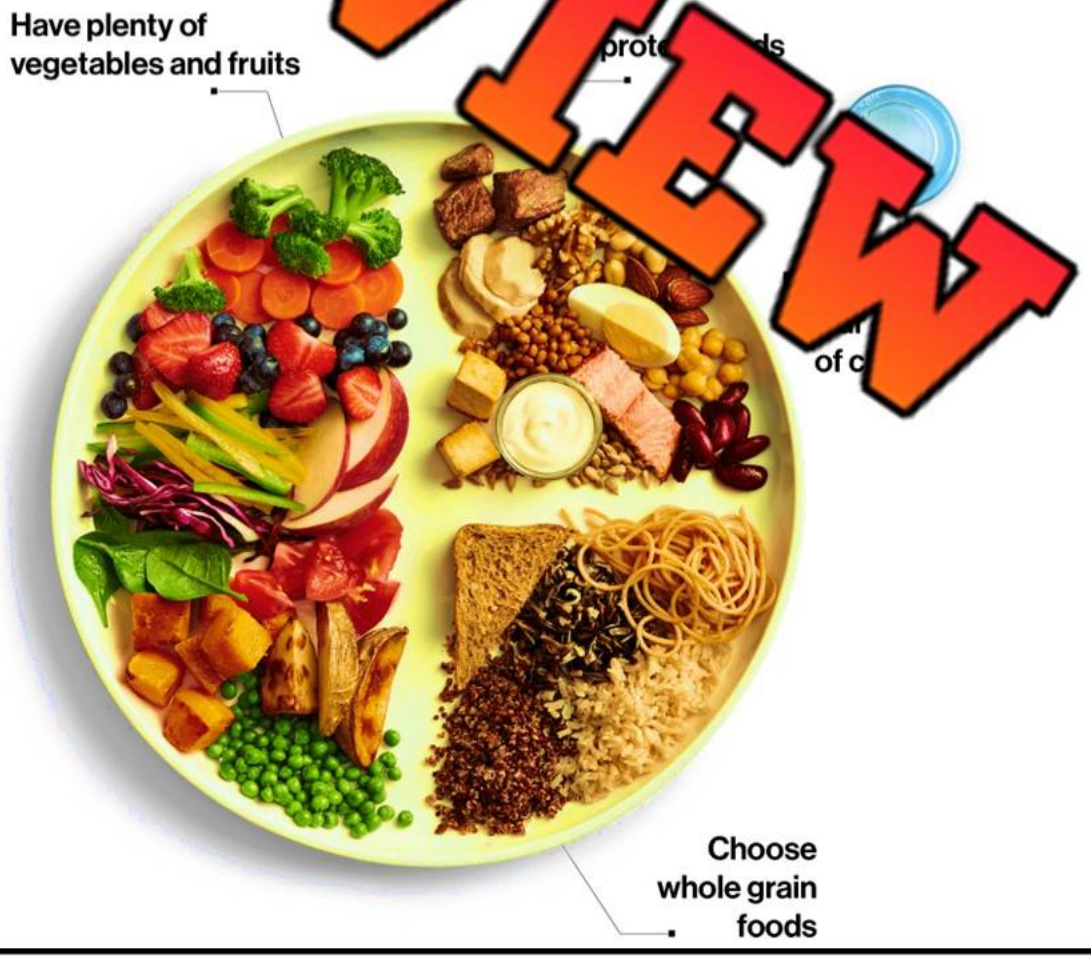
Curriculum Connection
D2.1

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 vegetables - Drink juice with	- Choose whole grain options instead of grains that have been processed	- Select plant based proteins and lean meats
Examples	- Choose dark green vegetables - Don't drink with added sugar	- Bread, pita, oatmeal, cereal, rice, pasta, quinoa	- Beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs

PREVIEW



© Super Simple Sheets

Name: _____ 7

Curriculum Connection
D2.1

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

Eat _____ foods

Eat plenty of _____
and _____



Make _____
your drink of
choice



PREVIEW

Choose _____
_____ foods

© Super Simple Sheets

Name: _____ 8

Curriculum Connection
D2.1

Canada's New Food Guide - Servings

Serving Luke eats pretty healthy, but is he following the Canada Food Guide?

What Luke Eats – Number of Servings				Yes	No
Day	Vegetables and Fruits	Protein	Grains		
1	4	2	2	Yes	No
2	8	4	4	Yes	No
3	5	5	5	Yes	No
4	3	3	2	Yes	No
5	5	5	5	Yes	No
6	4	4	3	Yes	No
7	8	6	8	Yes	No

PREVIEW

Serving Help Elliot fill in the table by telling hi[m] how many servi[ngs] he should have

What Elliot Should Eat – Number of Servings			
Day	Vegetables and Fruits	Protein	[G]rains
1	10		
2		6	
3			7
4	8		
5		8	
6			3

© Super Simple Sheets

Name: _____ 9

Curriculum Connection
D2.1

Canada's New Food Guide – Food Categories



Food Group	Which group does the food belong to?

	Food	Vegetable	Fruit	Protein	Grain
1	Crackers	Vegetable	Fruit	Protein	Grain
2	Almonds	Vegetable	Fruit	Protein	Grain
3	Kiwi	Vegetable	Fruit	Protein	Grain
4		Vegetable	Fruit	Protein	Grain
5		Vegetable	Fruit	Protein	Grain
6		Vegetable	Fruit	Protein	Grain
7		Vegetable	Fruit	Protein	Grain
8	Carrots		Fruit	Protein	Grain
9	Grapes			Protein	Grain
10	Bread				Grain
11	Chicken	Vegetable			Grain
12	Beans	Vegetable			
13	Pasta	Vegetable	Fruit		Grain
14	Granola Bar	Vegetable	Fruit		Grain
15	Tomato	Vegetable	Fruit	Protein	Grain
16	Kale	Vegetable	Fruit	Protein	Grain
17	Potatoes	Vegetable	Fruit	Protein	Grain
18	Peanut Butter	Vegetable	Fruit	Protein	Grain
19	Corn	Vegetable	Fruit	Protein	Grain
20	Celery	Vegetable	Fruit	Protein	Grain

PREVIEW

© Super Simple Sheets

Name: _____ 10

Curriculum Connection
D2.1

Canada's New Food Guide – Food Categories

Food Groups	Write 10 examples of foods that belong to each food category

	Grains
1	
2	
3	
4	
5	

	Grains
6	
7	
8	
9	
10	

	Fruits and Ve
1	
2	
3	
4	
5	

	Fruits and Vegetables
6	
7	
8	
9	
10	

	Proteins
1	
2	
3	
4	
5	

	Proteins
6	
7	
8	
9	
10	

PREVIEW

© Super Simple Sheets

Name: _____ 11

Curriculum Connection
D2.1

Canada's New Food Guide

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 ften - When you prepare food you are eating foods. When you control of the s oning es, which often add ext d e calories. You ca e hea ingredients in the p rti recommended in the Ne d Guide.

3) Enjoy Your Food - enjoying your f means t me to taste it. Eating more slowly and chewing more. It is about ch a va healthy foods and flavours you like. Enjoy eating foods that are rall o you.

4) Eat Meals With Others - Try socializing at mealtim ith s. P t away devices at mealtimes so you have a chance to talk to tho t y art in the preparation of your food.

5) Use Food Labels - Read food labels so that you can choose foods that have the 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.

PREVIEW

Name: _____ 12

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] is pu[illegible]body.	Yes	No

PREVIEW

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

© Super Simple Sheets

Name: _____ 13

Curriculum Connection
D2.1

Activity – Building Balanced Meals

Objective What are we learning about?

Students will identify the food groups in different meals using Canada's New Food Guide and suggest additional foods to create a balanced meal.

Materials What will you need for the activity?

- [illegible] Balanced Meals
- Pencil



Instructions How will you complete the activity?

Activity 1 – Identifying Food Groups

1. Look at the picture of the meal.
2. Identify the foods you see.
3. Write which food groups are included in the meal
   - Proteins
   - Fruits and Vegetables
   - Grains
4. Write only the food groups that are shown in the picture.
5. Check your answers before moving to the next meal.

Activity 2 - Checking and Improving Meals

1. Look carefully at the picture of the lunch.
2. Write the food groups you see in the meal
3. Decide if the meal is balanced.
4. Read the question: "What could you add to this lunch to balance the meal?"
5. Write one food that would make the meal healthier.
6. Make sure the food you add belongs to a missing food group.

PREVIEW

Name: _____ 14

Curriculum Connection
D2.1

Activity – Building Balanced Meals

Food Groups Examine the meals below and write which food categories are represented.

Meal	Proteins, Fruits and Vegetables, and Grains	
		

Meal	Pr...its and Vegetables, and Grains	
		

Meal	Proteins, Fruits and Vegetables, and Grains	
		

PREVIEW

© Super Simple Sheets

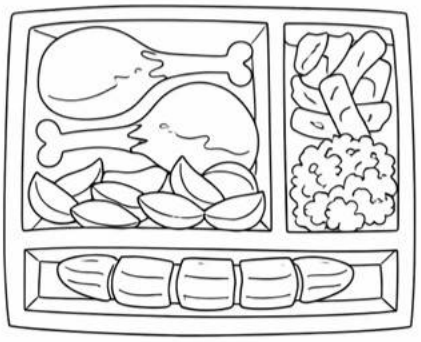
Name: _____ 15

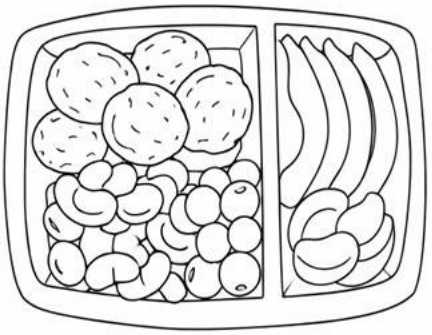
Curriculum Connection
D2.1

Activity – Building Balanced Meals

Food Groups Examine the meals below and write which food categories are represented

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
		
	What could you add to this lunch to balance the meal?	

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
		
	What could you add to this lunch to balance the meal?	

Meal	Food Groups – Proteins, Fruits and Vegetables, and Grains	
		
	What could you add to this lunch to balance the meal?	

PREVIEW

© Super Simple Sheets

Name: _____ 16

Curriculum Connection
D1.1

Micronutrients

What are Micronutrients?

Micronutrients are vitamins and minerals that our bodies need in small amounts to stay healthy. They help us grow, develop, and stay strong. They are found in foods like fruits, vegetables, whole grains, and meats. Here is a list of some common micronutrients:



- ❑ Vitami… …ps with healthy vision and immune function
- ❑ Vit… …p… …energy production and brain function
- ❑ Vit… …C: Hel… …h… …n health and wound healing
- ❑ Vitamin D: … …bone … …h and immune function
- ❑ Vitamin E: is a… …oxida… …ir… …tects your cells from getting a disease.
- ❑ Vitamin K: Helps with … …clotting … …e health
- ❑ Iron: Helps with red blood … …prod… …gen transp…
- ❑ Calcium: Helps with bone health a… …cle fu…
- ❑ Zinc: Helps with immune function and wound … …ing



PREVIEW

Sample Meals – High in Micronutrients

A great example of a meal that provides a lot of differen… …nut… …s… …a… …ourful salad made with leafy greens, fruits and vegetables. For example… …a salad with:

- Spinach or kale as the base, which is high in Vitamin K and Vitamin A
- Tomatoes, which are high in Vitamin C and Vitamin A
- Carrots, which are high in Vitamin A
- Berries, which are high in Vitamin C and antioxidants
- Grilled chicken or fish, which are high in Vitamin B and iron
- And top it with some nuts or seeds, which are high in Vitamin E and zinc.



Remember that the more colorful the meal, the better it is for you.

© Super Simple Sheets

Name: _____ 17

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Vitamins and minerals can be found in food.	True	False
2) Vitamin C helps with skin health and wound healing.	True	False
3) Vitamin K helps with bone health and muscle function.	True	False
4) Vitamin B and iron are found in grilled chicken and fish.	True	False
5) We do n o worry about the vitamins and minerals in our food.	True	False

Making Connection

scribe a meal you could eat with lots of micronutrients.

Questions

Answer the questions below using evidence from the text.

1) Why are vitamins and minerals important? How do they help us?

2) Inference: What do you think could happen if we did not eat any vitamins?

PREVIEW

© Super Simple Sheets

Name: _____ 23

Curriculum Connection
D1.1

Foods High in Micronutrients

Foods And Their Micronutrients

It is helpful to know which micronutrients are in which foods. For example, if you have a cut that you wanted to heal more quickly, you could eat lots of vitamin C as it helps heal wounds and you could also eat vitamin K as it clots our blood. In addition, if you have weak bones that break easily, you could eat foods high in calcium.

PREVIEW



- ☑ Sweet potatoes - Vitamin A, Vitamin C, Folate, Iron
- ☑ Bell peppers - Vitamin A, Vitamin B6, Folate
- ☑ Tomatoes - Vitamin C, Vitamin K, Vitamin B6, Folate
- ☑ Carrots - Vitamin A, Vitamin K, Vitamin B6, Folate
- ☑ Berries - Vitamin C, Vitamin K, Antioxidants
- ☑ Salmon - Vitamin D, Vitamin B12, Omega-3 fatty acids, Protein
- ☑ Chicken - Vitamin B3, Vitamin B6, Vitamin B12, Protein
- ☑ Eggs - Vitamin D, Vitamin B12, Choline, Protein
- ☑ Almonds - Vitamin E, Vitamin B2, Vitamin B3, Magnesium
- ☑ Sweet potatoes - Vitamin A, Vitamin C, Vitamin B6, Fiber
- ☑ Avocado - Vitamin K, Vitamin B6, Vitamin C, Healthy fats
- ☑ Broccoli - Vitamin C, Vitamin K, Vitamin A, Fiber
- ☑ Oranges - Vitamin C, Vitamin A, Fiber
- ☑ Kiwi - Vitamin C, Vitamin K, Vitamin E, Fiber
- ☑ Quinoa - Protein, Fiber, Magnesium, Phosphorus
- ☑ Black beans - Protein, Fiber, Folate, Iron
- ☑ Greek yogurt - Calcium, Vitamin B12, Protein, Probiotics
- ☑ Sunflower seeds - Vitamin E, Vitamin B1, Vitamin B5, Magnesium
- ☑ Poultry - Vitamin B3, Vitamin B6, Vitamin B12, Protein
- ☑ Lentils - Protein, Fiber, Iron, Folate



© Super Simple Sheets

Name: _____ 24

Curriculum Connection
D1.1

Questions Answer the questions below using evidence from the text

1) If you had low iron in your blood what are some foods you could eat to increase your iron level in your blood?

2) Create a list of ingredients for a salad with lots of different micronutrients.

PREVIEW

Diagram Draw an example of a food with each micronutrient listed below

Vitamin C	Iron	Vitamin A

True or False Is the statement true or false

1) Avocado is a good source of Vitamin A.	True	False
2) Sunflower seeds are a good source of Vitamin B1.	True	False
3) Sweet potatoes are a good source of fibre.	True	False
4) Oranges are a good source of calcium.	True	False
5) Eggs are a good source of protein.	True	False

© Super Simple Sheets

Name: _____ 25

Curriculum Connection
D1.1

Micronutrients - Infographic



PREVIEW

Questions | Answer the questions below

1) What did you learn from the infographic?

_____

_____

2) Which should take up more room on an infographic – text or pictures? Explain.

_____

_____

_____

© Super Simple Sheets

Name: _____ 26

Curriculum Connection
D1.1

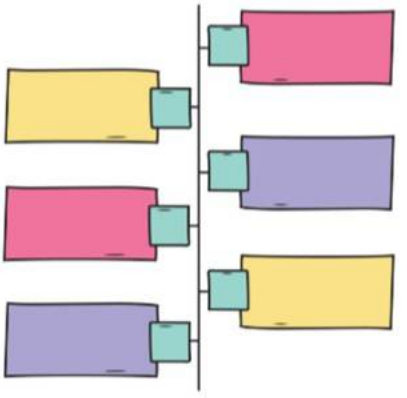
Micronutrients – My Infographic

Objective What are we learning about?

Students will be able to identify a micronutrient, explain its benefits, and name foods that contain it to support the creation of an infographic.

Materials What will you need for the activity?

- Mic utrient ographic worksheet
- Pencil or
- Crayons, colou enc



Instructions How will you ple t?

1. Choose one micronutrient (a vitamin or l) tha ant to learn about. Write its name in Question 1.
2. Think about how the micronutrient helps the body. esti least three benefits. You may use short phrases or simple sente
3. List foods that contain the micronutrient. In Question 3, write the names of foods where you can get this micronutrient.
4. Use the information you wrote to help you create an infographic.
5. Draw pictures or symbols that match your information to make your infographic easy to understand and interesting.
6. Check your work to make sure your answers are complete and neat..

PREVIEW

© Super Simple Sheets

Name: _____ 27

Curriculum Connection
D1.1

Micronutrients – My Infographic

Create an infographic that displays information about a micronutrient of your choice. The infographic should teach the audience about the benefits of consuming the micronutrient you chose. Draw pictures or find illustrations that help support your information.

Research Answer the questions below to find information for your infographic.

1) Which m ient did you choose?	
2) Describ at lea of nsuming the micronutrient.	
1)	
2)	
3)	
4)	
5)	
3) What foods contain the micronutrient?	

PREVIEW

Curriculum Connection
D1.1

Research Answer the questions below.

4) Other interesting facts about the micronutrient.

5) Wh ures wil on your infographic? Practice them below.

6) What text will you include? Write the text below.

PREVIEW

Name: _____ 29

Curriculum Connection
D1.1

Micronutrients – My Infographic



© Super Simple Sheets

Name: _____ 30

Curriculum Connection
D1.1

Macronutrients

What are Macronutrients?

Macronutrients are the types of food that our bodies need in large amounts to work properly. There are three macronutrients: carbohydrates, proteins, and fats.

All food is made up of these three macronutrients. Some foods have high amounts of one ma trients and other foods have some of all three macronutrients.

- ❑ Carb found in foods like bread, rice, potatoes, fruits, and vegetables. T ve our b rgy to do things like run, play, and think.
- ❑ Proteins a foods at, eggs, beans, and nuts. They help our bodies build and repai cles tissues.
- ❑ Fats are found in foods t r, They help our bodies absorb certain vitamins and keep our skin heal

PREVIEW



Macronutrients in a Peanut Butter Sandwich

A peanut butter sandwich has a balance of all thre macronutrients: carbohydrates, proteins, and fats. Here a breakdown of the macronutrients in a peanut butter sandwich:

- Carbohydrates: The bread in the sandwich is made of carbohydrates, with around 15-20 grams of carbohydrates per slice.
- Proteins: Peanut butter is a good source of protein, with around 8 grams of protein in a sandwich.
- Fats: Peanut butter is also a good source of healthy fats, with around 16 grams of fat in a sandwich.

Name: _____ 31

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Protein is a macronutrient.	True	False
2) Vitamin C is a macronutrient.	True	False
3) Peanut butter is high healthy fats.	True	False
4) A piece of bread has about 15 to 20 grams of carbohydrates.	True	False
5) Protein[illegible]nd in fruits.	True	False

Fill in [illegible]

[illegible]e the missing word.

1)	There ar[illegible] _____ m[illegible]acronutrients.	three	five
2)	Carbohydrates g[illegible]e[illegible]s _____.	energy	water
3)	Fats help the body abso[illegible]tain _____.	sugar	vitamins
4)	Bread and rice are foods high in _____.	fats	carbohydrates
5)	Eggs and beans are good sources of _____.		fibre

Questions

Answer the questions below using evide[illegible]om

1) What are the three macronutrients? Give examples of foods high i[illegible]one.

2) How does a peanut butter sandwich provide each of the macronutrients?

PREVIEW

Name: _____ 32

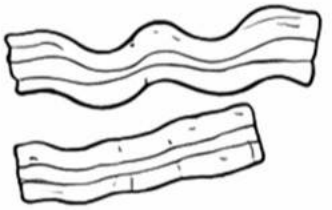
Curriculum Connection
D1.1

Macronutrients - Foods

Directions Circle the food's primary macronutrient.



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein



Carbohydrate	Fat	Protein

PREVIEW

© Super Simple Sheets

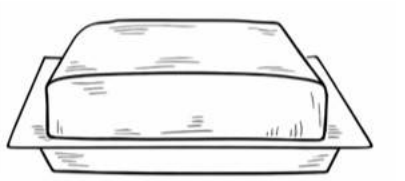
Name: _____ 35

Curriculum Connection
D1.1

Fats

Fats

Fats are nutrients that provide us with energy. Fats also help with the absorption of vitamins including Vitamin A. Eating fats helps us feel full, which stops us from eating too much. The membranes or walls of our cells and our hormones are made of fats, so we need to have fats in our diet. Fats are essential for our healthy body, but some fats are better for our bodies than others.



Types of Fats

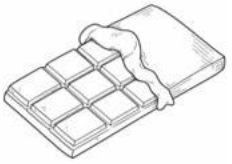
Saturated Fats – are animal-based foods including meats, dairy and butter. Palm oil and coconut oil are also saturated fats and are used in making pastries.











Unsaturated Fats – are found in olive oil, soybean oil, canola oil, corn oil, nuts, flaxseeds, fish and avocadoes.

PREVIEW

Healthy Fats

Healthy fats are unsaturated fats which are found in plant-based foods including, nuts, olive oil and avocados and in fish. Since our bodies need fats, we should choose fats that are healthy.

Less Healthy Fats

The saturated fats found in meat, packaged baked products and butter are less healthy for our bodies, so we should eat them in small amounts. They can raise the cholesterol level in our blood and cause heart disease.

Name: _____ 36

Curriculum Connection
D1.1

Multiple Choice What kind of fat is this food?

Food	Saturated	Unsaturated
1) Butter		
2) Avocado		
3) Salmon		
4) Palm oi		

Food	Saturated	Unsaturated
5) Beef		
6) Fish		
7) Flaxseed		
8) Nuts		

Questi g ree questions you have after reading the text.

1)	
2)	
3)	

Questions Answer the questions below using ev ro xt

1) What health problem does eating too much saturated fat cau

2) Why should we have some fat in our diet?

PREVIEW

© Super Simple Sheets

Name: _____ 37

Curriculum Connection
D1.1

Fats

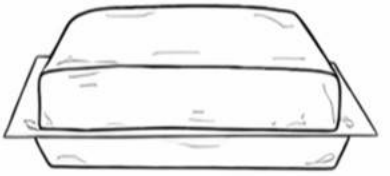
Directions | Circle the correct answer



Saturated | Unsaturated



Saturated | Unsaturated



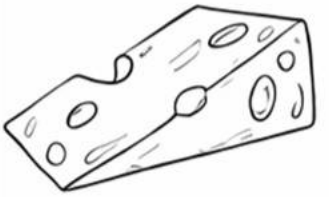
Saturated | Unsaturated



Saturated | Unsaturated



Saturated | Unsaturated



Saturated | Unsaturated



Saturated | Unsaturated



Saturated | Unsaturated



Saturated | Unsaturated

Soybeans



Saturated | Unsaturated

Peanut Butter



Saturated | Unsaturated



Saturated | Unsaturated

PREVIEW

© Super Simple Sheets

Curriculum Connection
D1.1

Exit Cards

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

Name: _____

Colour the food containing healthy fats

Olive oil	Nuts
Coconut oil	Butter
Cheese	Fried snacks
Packaged baked goods	Avocado
Fish	Vegetable oil

Name: _____

Colour the food containing healthy fats

Olive oil	Nuts
Coconut oil	Butter
Cheese	Fried snacks
Packaged baked goods	Avocado
Fish	Vegetable oil

Name: _____

Colour the food containing healthy fats

Olive oil	Nuts
Coconut oil	Butter
Cheese	Fried snacks
Packaged baked goods	Avocado
Fish	Vegetable oil

PREVIEW

© Super Simple Sheets

Name: _____ 39

Curriculum Connection
D1.1

Carbohydrates

Carbohydrates

Carbohydrates are a type of food that gives your body energy. They can be found in many foods such as bread, rice, fruits, and sweets. Your body uses carbohydrates as fuel to help you run, play, and think. Just like a car needs gas to run, you body needs carbohydrates to keep going!



Types of Carbohydrates

There are different types of carbohydrates including:

1. Simple Carbohydrates: They are found in sweets and candies and are quickly broken down into sugar by the body.



2. Complex Carbohydrates: These are found in foods like vegetables and grains. They take longer to break down and provide energy, longer.

3. Fiber: This type of carbohydrate is found in fruits, vegetables, and whole grains. It helps keep your digestive system healthy. You don't digest fiber to get energy.

Problems with Eating Too Many Simple Carbohydrates

Eating too many simple carbohydrates can lead to several health problems including:

1. Blood sugar spikes: Simple carbohydrates are quickly converted to sugar causing spikes in blood sugar levels which can be harmful for those with diabetes.



2. Tooth decay: Simple carbohydrates are a main cause of tooth decay as they can stick to teeth and cause cavities.

3. Poor nutrition: Consuming too many simple carbohydrates can lead to a lack of nutrients in your diet and increase the risk of nutrient deficiencies.

4. Increased risk of heart disease: A diet high in simple carbohydrates has been linked to an increased risk of heart disease.

PREVIEW

Name: _____ 40

Curriculum Connection
D1.1

True or False Is the statement true or false?

1) Simple carbohydrates are nutritious.	True	False
2) Fibre is not digested in the body.	True	False
3) Complex carbohydrates are found in vegetables and grains.	True	False
4) You can get cavities from eating candy.	True	False
5) Carbohydrates give you energy.	True	False

Making Connections The food we eat is fuel for our bodies. Explain a time when you ate something that made you feel tired, hyper, or sick.

Direction Circle the facts about carbohydrates.

Carbohydrates do not give energy.	Rice, bread, and pasta contain carbohydrates.	Eating carbohydrates makes you sick.	Carbohydrates help you stay active.	Carbohydrates are the same as fats.
Fruits and vegetables contain carbohydrates.	Fibre is a type of carbohydrate.	Carbohydrates are needed every day.	The body does not need carbohydrates.	Carbohydrates give the body energy.
Some carbohydrates have fibre that helps digestion.	Only meat contains carbohydrates.	Whole grains are healthier carbohydrate choices.	All carbohydrates are unhealthy.	Carbohydrates come from plant foods.

PREVIEW

© Super Simple Sheets

Name: _____ 41

Curriculum Connection
D1.1

Activity – Good vs. Bad Carbohydrates

Objective What are we learning about?

Students will be able to identify and classify foods as good carbohydrates or bad carbohydrates by drawing examples of each.

Materials will you need for the activity?

- G s. Bad rates worksheet
- Pencil
- Crayons or co d pe



Instructions How will you c te t

1. Look at the worksheet and find the side lab Goo bs and the side labeled Bad Carbs.
2. Think about foods you learned that are healthy drate give your body long-lasting energy.
3. In the boxes under Good Carbs, draw five different foods t ources of carbohydrates.
4. Think about foods that are less healthy carbohydrates and should be eaten only sometimes.
5. In the boxes under Bad Carbs, draw five different foods that are bad sources of carbohydrates.
6. Make sure each drawing is clear and easy to recognize.
7. Colour your drawings neatly and check that you placed each food in the correct column before submitting your work.

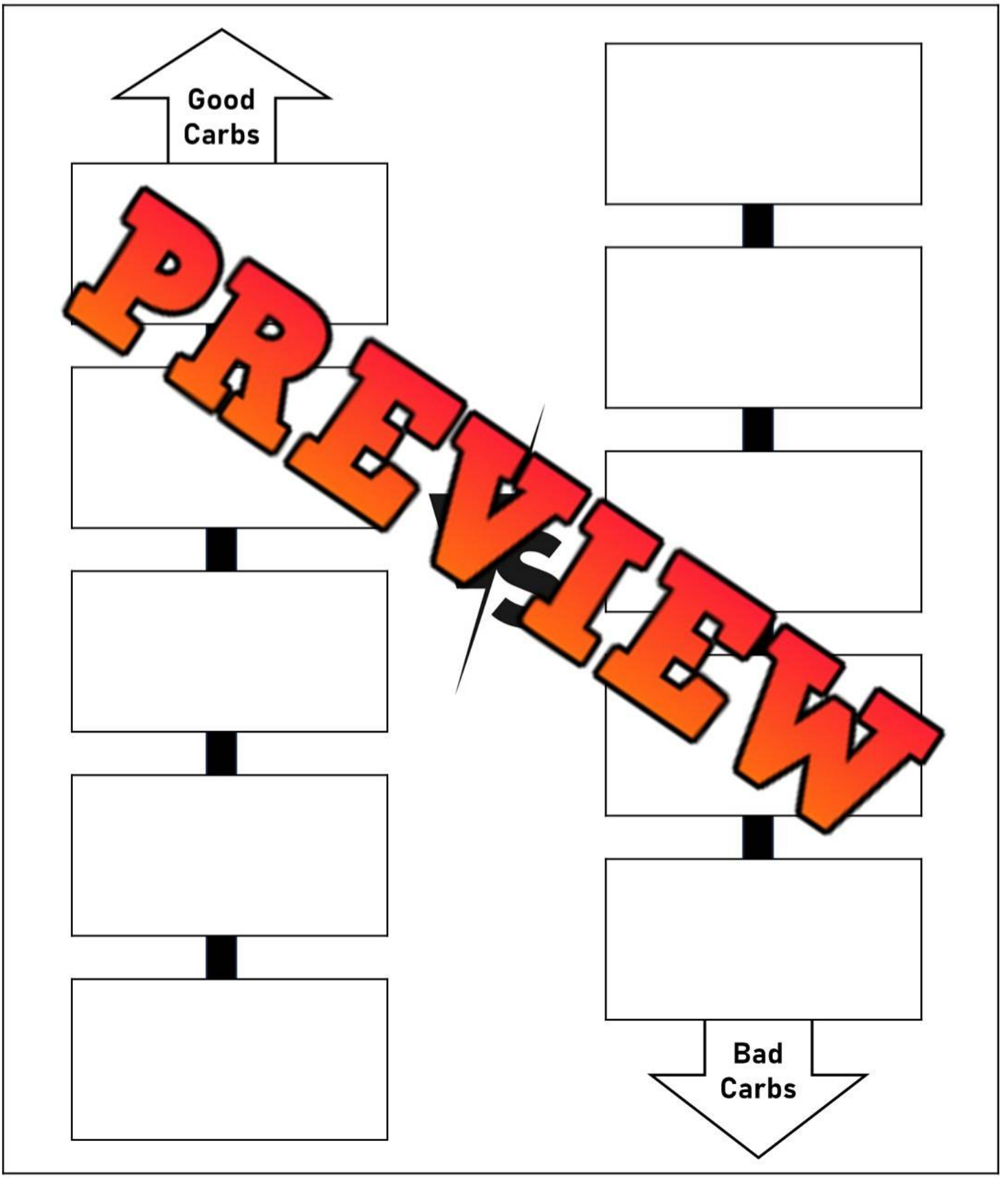
PREVIEW

© Super Simple Sheets

Name: _____ 42

Curriculum Connection
D1.1

Activity – Good vs. Bad Carbohydrates



PREVIEW

© Super Simple Sheets

Curriculum Connection
D1.1

Protein

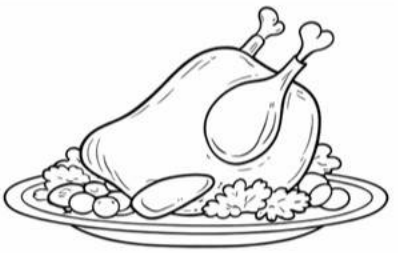
Protein

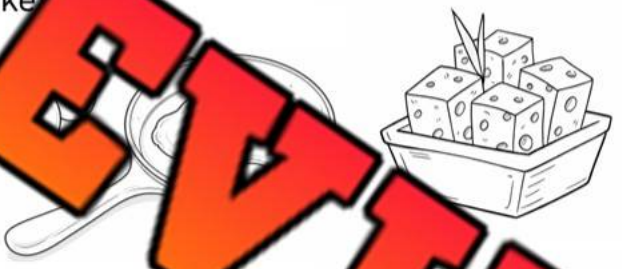
Proteins are one of the 3 types of macronutrients. Proteins are like building blocks that help our body grow and repair itself. They help make our muscles strong, our bones healthy, and our skin and hair shiny. Proteins also help us fight off sickness and keep our energy levels up.

Which Foods Have Protein?

Healthier sources of protein include:

- Lean meat and turkey
- Eggs
- Greek yogurt
- Nuts and seeds
- Beans, peas and lentils
- Tofu and tempeh
- Dairy products (milk, cheese)
- Quinoa







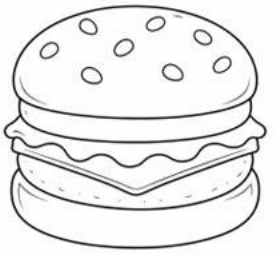


These sources of protein are also rich in essential vitamins and minerals and low in unhealthy fats.

Not All Protein Is Good For You

There are some protein-rich foods that are not considered healthy due to their high levels of unhealthy fats, salt, and/or added sugars. Examples include:

- Processed meat products (bacon, hot dogs, sausage)
- Fried chicken and fish
- Some high-fat dairy products (whole milk, certain cheeses)
- Fast food burgers and sandwiches



PREVIEW

Name: _____ 44

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Protein is a building block of the body.	True	False
2) All protein is healthy for us.	True	False
3) Beans are a protein.	True	False
4) Protein helps improve our vision.	True	False
5) Protein [illegible] our bones strong.	True	False

Making [illegible]

[illegible] some healthy protein and some unhealthy protein you eat.

Healthy Protein		Unhealthy Protein	

PREVIEW

Questions

Answer the questions below using evidence from [illegible]

1) What does protein do in our body?

2) What makes some protein unhealthy?

© Super Simple Sheets

Name: _____ 45

Curriculum Connection
D1.1

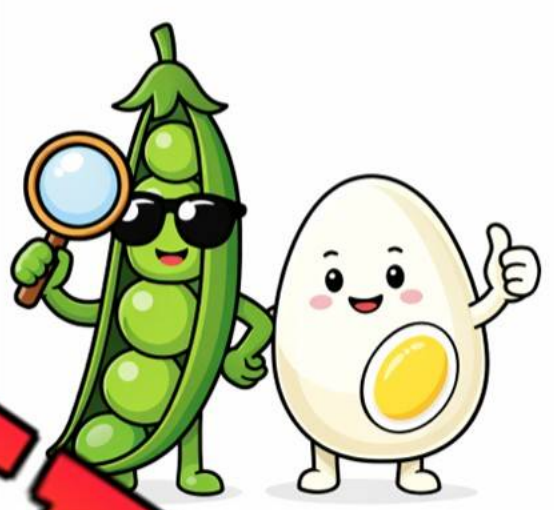
Activity – Protein Match

Objective What are we learning about?

Students will be able to identify protein-rich foods by recognizing and matching patterns of the same protein foods in a grid.

Materials What will you need for the activity?

- Protein M… W… heet
- Pencil
- Crayons or coloure… …ls (optic…



Instructions How will you complete… …ctivity?

1. Look at the grid of pictures. Each picture …ws …
2. Find these proteins: meat, chicken, milk, egg, fish, … to… …onds, and cheese.
3. Look for three of the same protein food in a row.
4. The three matching pictures can be:
   - Across (horizontal)
   - Up and down (vertical)
   - Slanted (diagonal)
5. When you find three matching protein foods in a row, colour all three pictures.
6. Keep searching until you cannot find any more groups of three.
7. Colour neatly and take your time.

PREVIEW

© Super Simple Sheets

Name: _____ 46

Curriculum Connection
D1.1

Instructions Colour all the protein matches.



PREVIEW

© Super Simple Sheets

Name: _____ 47

Curriculum Connection
D1.1

Minerals

What are Minerals?

Minerals are special substances found in the earth that our bodies use to help us grow strong and healthy. Just like we need food to give us energy, we also need minerals to help our bodies work properly.

We get minerals by eating foods like dairy, nuts, fruits, vegetables, and grains. It's important to eat a variety of foods to get all the different minerals your body needs.



Minerals We Need

Minerals are substances found in nature that are important for our bodies to function properly. Here are a few examples:



- ✓ Calcium helps build strong bones and teeth.
- ✓ Iron helps carry oxygen in our blood.
- ✓ Sodium helps regulate fluid balance in our body.
- ✓ Potassium helps control our heart rate and blood pressure.
- ✓ Magnesium helps our muscles and nerves work properly.

PREVIEW

Foods High in Minerals



- Calcium: dairy products (milk, cheese, yogurt), kale, almonds
- Iron: red meat, poultry, tofu, beans, lentils
- Sodium: table salt, cured meats, pickles, soy sauce
- Potassium: bananas, sweet potatoes, avocado, spinach, salmon
- Magnesium: nuts and seeds (almonds, cashews, pumpkin seeds), leafy greens (spinach, Swiss chard), whole grains (brown rice, quinoa)

© Super Simple Sheets

Name: _____ 48

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Minerals are found only in rocks.	True	False
2) Minerals are found in our food.	True	False
3) Cheese is high in calcium.	True	False
4) Nuts and seeds are high in minerals.	True	False
5) Magnes ntrols our heart rate and blood pressure.	True	False

PREVIEW

Mc Connections

ls do you eat that are high in minerals? What minerals do lot? What minerals should you eat more?

Word Search

Find the word bank words in the puzzle.

❑ Calcium	❑ Bones
❑ Iron	❑ Teeth
❑ Sodium	❑ Energy
❑ Potassium	❑ Muscles
❑ Magnesium	❑ Blood

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

© Super Simple Sheets

Name: _____ 52

Curriculum Connection
D1.1

Calcium

What is Calcium?

Calcium is an essential mineral that helps build strong bones and teeth, aids in blood clotting, and regulates muscle, nerve and heart function.

Where Do [illegible] Calcium?

Calci[illegible]riety of foods such as dairy products (milk, cheese, yogurt), leafy g[illegible]s (kal[illegible] spinach), nuts and seeds (almonds, sesame seeds), fish (with bones, s[illegible]as[illegible]mon a[illegible]rdines), and fortified foods (tofu, orange juice).

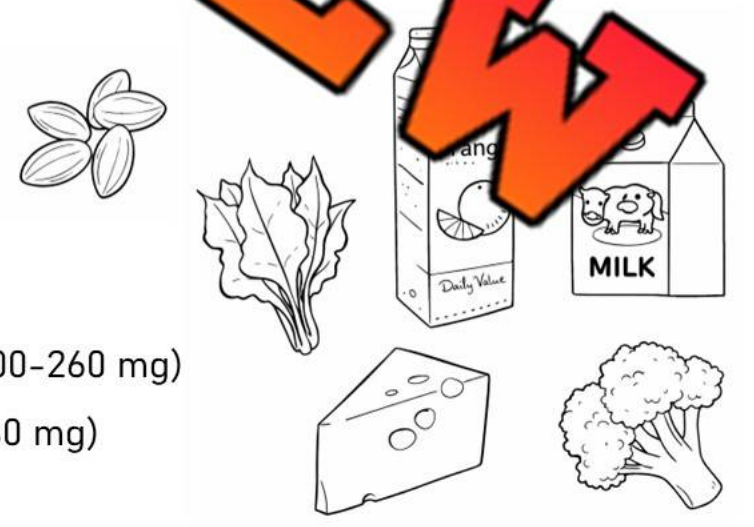
PREVIEW

How Much Calcium Do W[illegible]d Every[illegible]

The recommended daily amou[illegible]of ca[illegible]d[illegible]s is 1000-1300 mg/day, depending on age and gender. Wome[illegible]er 50 a[illegible]d[illegible]er 70 generally require more calcium. Children 9-18 years old shou[illegible]1300[illegible]ay.

Here are some foods that contain calcium, with[illegible]e[illegible]of cal[illegible]per serving:

- 1 cup of milk (300 mg)
- 1 cup of yogurt (400-450 mg)
- 1.5 oz of hard cheese (300 mg)
- 1 cup of cooked spinach (240 mg)
- 1/4 cup of almonds (100 mg)
- 1/2 cup of fortified orange juice (200-260 mg)
- 3 oz canned salmon with bones (180 mg)
- 1 cup of broccoli (100mg)



Incorporating a variety of these foods into a balanced diet can help achieve the recommended daily amount of calcium.

© Super Simple Sheets

Name: _____ 53

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Calcium is a vitamin.	True	False
2) Calcium helps build strong bones and teeth.	True	False
3) You can get calcium by eating dairy foods, leafy greens or fish.	True	False
4) You need to eat calcium once a week.	True	False
5) We need different amounts of calcium depending on your age.	True	False

Making Connections

How much should you eat and drink to get 1300mg of calcium in a day? List what you need to eat with serving sizes needed to get your daily calcium.

1	
2	
3	
4	

PREVIEW

Questions

Answer the questions below using evidence from the text.

1) What does calcium do to help your body?

_____

_____

_____

2) What could happen if you do not get enough calcium in your diet?

_____

_____

_____

© Super Simple Sheets

Name: _____ 56

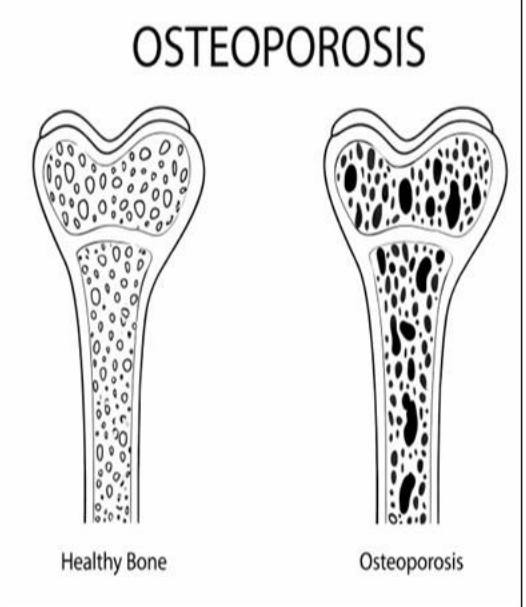
Curriculum Connection
D1.1

Skeletal Disease - Osteoporosis

What is Osteoporosis?

Osteoporosis is a condition that makes your bones weaker. It occurs when the body does not make enough new bone, or when too much old bone is lost. As a resu[illegible]he bones become thinner and more porous, a[illegible] are more likely to break.

[illegible]asure of how strong your bo[illegible]s are. [illegible]s are dense, they are less likely to brea[illegible]ensity [illegible]to diagnose osteoporosis.



In osteoporosis, bone[illegible]s d[illegible]re more likely to break. The most common bones affected by ost[illegible]opor[illegible]the[illegible], the hip, and the wrist.

What Causes Osteoporosis?

Several factors contribute to the development [illegible]ost[illegible]s[illegible]l[illegible]ling:

- Age: As you get older, your body does not make [illegible] as [illegible]y.
- Genetics: Some people are born with a higher risk of osteo[illegible]
- Gender: Women are more likely to develop osteoporosis than m[illegible]
- Low levels of calcium and vitamin D: Both are essential for healthy bones.
- Lack of physical activity: Regular exercise helps keep your bones strong.
- Smoking and excessive alcohol consumption: Both can harm your bones.

How To Avoid Osteoporosis

1) Getting enough calcium and vitamin D
2) Engaging in regular weight-bearing exercise: Weight-bearing exercises, such as walking, running, dancing, and weightlifting, help keep your bones strong.

PREVIEW

© Super Simple Sheets

Name: _____ 57

Curriculum Connection
D1.1

True or False Circle whether the statement is true or false

1) Osteoporosis makes bones weak and easy to break.	True	False
2) Vitamin C helps prevent osteoporosis.	True	False
3) Vitamin D helps the body absorb calcium.	True	False
4) Low calcium and vitamin D can cause osteoporosis.	True	False
5) Osteop[illegible]s more common in older females.	True	False

Que[illegible] A[illegible]he questions below using evidence from the text.

1) What is oste[illegible] Why [illegible]happen?

2) How can you prevent getting osteop[illegible]osis?

PREVIEW

Draw Draw and explain healthy foods you could eat that will keep y[illegible]ones strong.

© Super Simple Sheets

Name: _____ 58

Curriculum Connection
D1.1

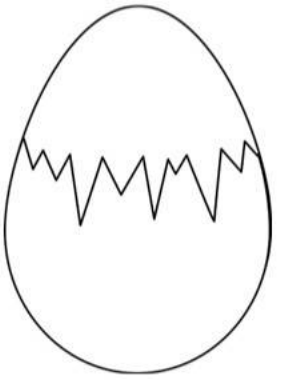
Experiment – Egg with Osteoporosis

Research Question — What are we learning about?

Osteoporosis causes bones to get weak and brittle. Calcium is a nutrient that can keep our bones dense and strong. When we do not get enough calcium, our bones get weak. Today, you will do an experiment that takes the calcium out of an eggshell to see how it affects the strength of the shell.

Materials — What you will need for the experiment

- ❑ 2 eggs
- ❑ 2 clear glass jars
- ❑ White vinegar
- ❑ A spoon



PREVIEW

Method — How you will complete the experiment

1) Gently place an egg in each glass or jar.
2) Fill one glass or jar with enough white vinegar to completely cover the egg.
3) Leave the other egg in a glass or jar with no vinegar.
4) Leave the eggs in their respective glasses or jars for 3 days.
5) After 3 days, gently remove the eggs from the glasses or jars and compare them.

Explanation — What is happening?

The acid in the white vinegar is dissolving the calcium in the eggshell. This is similar to how osteoporosis causes the loss of calcium in bones. The egg in the other jar represents a healthy bone.

© Super Simple Sheets

Name: _____ 59

Curriculum Connection
D1.1

Hypothesis

What do you predict will happen?

1) What will the eggs feel like in each of the jars after the 3 days?	
Vinegar Egg	
Empty Jar Egg	

2) How s[illegible] the eggs be?	
Vi[illegible] Egg	
Empty Jar Egg	

PREVIEW

Results

What happen[illegible] days? Explain the results.

1) How did the eggs feel after the 3 days? Desc[illegible]their[illegible]nd how strong their shells were.

_____

_____

_____

2) With the loss of calcium in the shells, what happened to them?

_____

_____

3) How is this experiment a demonstration of how osteoporosis affects our bones?

_____

_____

_____

© Super Simple Sheets

Name: _____ 60

Curriculum Connection
D1.1

Fibre

What Is Fibre

Fibre is the part of plant foods your body cannot digest or absorb. Unlike the macronutrients, fats, proteins or carbohydrates, which your body breaks down and digests, fib is not digested by your body. Instead, it passes relatively intact through your stom ll intestine and colon and out of your body.

PREVIEW

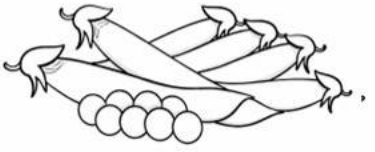
What D Fibre

Fiber helps re tion ing bulk to stool, promoting regular bowel movements, and pr ing also feeds the beneficial gut bacteria we need for digestion. Fibre wn th process, allowing the body to absorb nutrients more efficien

Where Can You Get Fibre

Eating a variety of foods high in fiber is importa ealth. Fruits, vegetables, grains, nuts, and seeds are common sourc ary cluding:

- pears, apples, bananas
- strawberries, raspberries
- avocados
- broccoli flowerets
- brussels sprouts
- asparagus,
- acorn squash
- green peas, carrots
- whole-wheat spaghetti, brown rice, oats, and barley
- nuts and seeds.











Name: _____ 61

Curriculum Connection
D1.1

Questions

Answer the questions below using evidence from the text.

1) What is fibre?

2) Why do[illegible]ed to eat fibre?

PREVIEW

Drawing

Draw an exampl[illegible]ent f[illegible]are high in fibre and label your drawing.

True or False

Is the statement true or false?

1) Your body cannot digest fibre.	True	False
2) Fibre is found in meat and dairy foods.	True	False
3) Fibre in our diets helps speed up digestion.	True	False
4) Fibre feeds the healthy gut bacteria in your digestive system.	True	False
5) Fibre is found in fruits and nuts.	True	False

© Super Simple Sheets

Name: _____ 62

Curriculum Connection
D1.1

Activity – Fibre Jeopardy

Objective What are we learning about?

To reinforce and test students' knowledge of fibre through a fun and engaging group-based Jeopardy game.

Materials What will you need for the activity?

- Jeo st table (provided).
- V oard or splay area.
- Mar s or c
- Scoreboa p to k ack of points.
- Buzzer or be onal)



Instructions How will you te th

1. Arrange the classroom into group 4 stud ach.
2. Display the Jeopardy questions table on hiteb large screen.
3. Explain the rules: Each column in the Jeop y p s questions of different difficulties. The first column is worth t nd th ts increase with the difficulty of the questions.
4. Groups take turns choosing a question by its point value. T s the chosen question aloud to the class.
5. Each group discusses and agrees on an answer within 30 seconds.
6. If the answer is correct, the group earns the corresponding points. No points are deducted for incorrect answers. Record the points on the scoreboard after each turn.
7. Continue rotating turns among all the groups until all questions are answered or a set number of rounds are completed.
8. Tally the points at the end of the game; the group with the most points wins.
9. Conclude with a discussion, allowing students to share what they learned and how they can apply these healthy habits.

PREVIEW

© Super Simple Sheets

Name: _____ 63

Curriculum Connection
D1.1

Jeopardy Use the jeopardy questions below.

1 Point	2 Points	3 Points	4 Points
Fibre comes from what type of foods? **Plants**	What does fibre help prevent? **Constipation**	Why is fibre important for digestion? **It helps food move through the body**	Why should we eat a variety of fibre-rich foods? **To stay healthy**
Which helps food move through your body? **Fibre**	Name one fruit high in fibre. **Ex. Apple**	What part of the body does fibre pass through? **Stomach and intestines**	Name one grain high in fibre. **Ex. Oats**
What system of our body does fibre help with? **Digestive System**	Name one vegetable high in fibre. **Ex. broccoli**	What does fibre help your body absorb better? **Nutrients**	How does fibre help keep your body healthy? **It supports digestion and gut health**
Does the body digest fibre? **No**	What does fibre help bowel movements do? **Stay regular**	What does fibre feed in your gut? **Good bacteria**	Which foods and seeds have the most fibre? **High-fibre foods**
What does fibre add to help make bowel movements easier? **Bulk**	Which foods give you fibre: plant or animal foods? **Plant foods**	What happens if you do not eat enough fibre? **Digestion problems / constipation**	Why is fibre important for digestion? **It helps food move and prevents constipation.**

PREVIEW

© Super Simple Sheets

Curriculum Connection
D1.1

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 fibre choices.

1) Eating fruits and vegetables every day	
2) Choosing whole-grain bread or rice	
3) Drinking sugary drinks instead of water	
4) Eating nuts, seeds, or beans	
5) Eating only junk food and skipping vegetables	

Name: _____

Check the actions that show healthy fibre choices.

1) Eating fruits and vegetables every day	
2) Choosing whole-grain bread or rice	
3) Drinking sugary drinks instead of water	
4) Eating nuts, seeds, or beans	
5) Eating only junk food and skipping vegetables	

Name: _____

Check the actions that show healthy fibre choices.

1) Eating fruits and vegetables every day	
2) Choosing whole-grain bread or rice	
3) Drinking sugary drinks instead of water	
4) Eating nuts, seeds, or beans	
5) Eating only junk food and skipping vegetables	

Name: _____

Check the actions that show healthy fibre choices.

1) Eating fruits and vegetables every day	
2) Choosing whole-grain bread or rice	
3) Drinking sugary drinks instead of water	
4) Eating nuts, seeds, or beans	
5) Eating only junk food and skipping vegetables	

PREVIEW

© Super Simple Sheets

Name: _____ 65

Curriculum Connection
D2.1

Water

Canada's Food Guide



The new Canada's Food Guide, emphasizes the importance of drinking water. It recommends that adults drink at least 8 cups (2L) of water per day and children aged 9-13 should drink 5-6 cups (1.4L) and to choose water as their drink of choice. Drinking water provides many health benefits, including:

1) Hydration: Water is essential for hydration, which is important for overall health.
2) Body temperature: Water helps regulate body temperature, especially during physical activity and hot weather.
3) Digestion: Water is important for digestion, as it helps break down food and moves it through the digestive system.
4) Skin health: Drinking water can improve skin health by keeping it hydrated.
5) Kidney function: Water intake helps the kidneys flush waste from the body.
6) Joint health: Drinking water can help maintain the health of joints, as it acts as a lubricant and cushion.
7) Headache relief: Dehydration is a common cause of headaches.

PREVIEW



In general, drinking water is essential for maintaining overall health and well-being.

Is Drinking Juice and Milk As Healthy As Drinking Water?

Milk and juice can contribute to hydration, but they are not the same as drinking water. Water is the most efficient drink for hydration, because it is absorbed quickly and easily by the body.

Milk and juice contain other nutrients, such as sugar, fat, and protein, which can slow down hydration and make the body work harder to absorb the fluids. Some juices can be high in sugar, which can contribute to weight gain and other health problems.

Name: _____ 66

Curriculum Connection
D2.1

True or False

Circle whether the statement is true or false.

1) Canada's Food Guide says to drink milk with every meal.	True	False
2) A 10 year old should drink 8 glasses of water per day.	True	False
3) Drinking water helps cool you down after exercise.	True	False
4) You can get a headache from being dehydrated.	True	False
5) Drinki e is the same as drinking water.	True	False

Multip ice

e letter of the correct answer.

1. Why is drink r imp our body?	
A. It helps keep the d	B. It adds sugar to the body
2. How does water help c dy p e?	
A. By cooling the body when we swe	By g heat in the body
3. Which body system is helped by dr king en wat	
A. Respiratory System	B. stive e
4. What can happen if we do not drink enough wat	
A. Dehydration and headaches	B. Better foc
5. Why is water better than soda for hydration?	
A. Soda has more flavour	B. Water is absorbed fas y the body

Question

What are the benefits of drinking water?

PREVIEW

© Super Simple Sheets

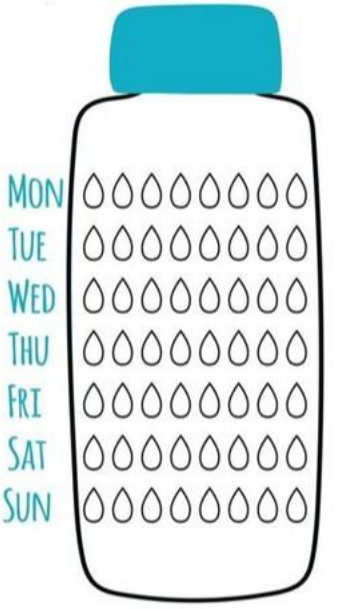
Name: _____ 67

Curriculum Connection
D2.1

Activity – Water Tracker

Objective What are we learning about?

Students will be able to monitor and record their daily water intake over one week.



Materials What will you need for the activity?

- Wate[illegible]rksheet
- P[illegible]yo[illegible]

Instructions W[illegible]you [illegible]lete the activity?

PREVIEW

1. Look at the days [illegible] the left side of the worksheet. Each cup picture represents [illegible] of w[illegible]
2. Keep this worksheet with you at [illegible] in c[illegible] you can record your water intake. Every time you drink a fu[illegible]ss of w[illegible] in or mark one cup in the row for that day.
3. Only mark a cup after you finish drinking th[illegible] to sp[illegible]ur water throughout the day by drinking in the morning, [illegible] an[illegible]ning.
4. At the end of each day, count how many cups you marked [illegible] reached your water goal.
5. Do not colour cups you did not earn—only mark the cups for water you actually drank.
6. Repeat the same steps for each day of the week.
7. When the week is finished, review your tracker and think about which day you drank the most water.
8. Write your name clearly on the worksheet.
9. Submit the completed worksheet as instructed by your teacher.

© Super Simple Sheets

Name: _____ 68

Curriculum Connection
D2.1

Activity – Water Tracker

	How Many Glasses Can You Drink?								Total
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

PREVIEW

© Super Simple Sheets

Name: _____ 69

Curriculum Connection
D2.1

Healthy Eating Habits

Healthy Eating Habits

Here are some habits that your child can form to follow Canada's Food Guide:

1) Eating a variety of foods from each of the food groups in the guide every day.

2) Including plenty of vegetables and fruits in their diet.



3) Choosing whole grain foods, such as whole wheat bread, brown rice, and whole grain cereals, and

4) Choose fresh foods prepared at home instead of processed foods, which are high in fat, sugar and so

5) Choose lean protein sources, such as fish, poultry, and legumes, instead of higher fat meat options.



6) Drinking water instead of sugary drinks, such as juice and soda.

7) Eating meals together as a family

8) Being mindful of portion sizes.

9) Trying new foods and recipes, to expand your taste buds and experience with different foods.

10) Being physically active for at least 60 minutes every day.

By incorporating these habits into daily routine, your child can build a healthy and balanced diet based on Canada's Food Guide.

PREVIEW

Name: _____ 70

Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Canada's Food Guide recommends eating with your family.	True	False
2) It is better to drink milk instead of water with every meal.	True	False
3) White bread is just as healthy as whole grain bread.	True	False
4) Eating a variety of fruits and vegetables ensures good nutrition.	True	False
5) Trying n foods introduces more nutrients to your diet.	True	False

Think

the habits that help keep your body healthy.

❑ Eating frui vegetables y	❑ rinking soda instead ter every day	❑ Eating meals at regular times
❑ Skipping meals ofte	ter day	❑ Eating very fast
❑ Choosing whole-grain foods when possible	❑ choo all t	❑ Eating breakfast before school
❑ Eating only chips or candy for snacks	❑ Including pr oods	iting sugary snacks inks

PREVIEW

Questions

Answer the questions below using evidenc th

1) What are the benefits of eating meals prepared at home?

_____

_____

_____

2) Why is it important to eat a variety of foods?

_____

_____

_____

© Super Simple Sheets

Name: _____ 71

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 t will you need for the activity?

- My lthy E s worksheet
- Pencil
- Crayons o d penc

Instructions How will y lete ity?

1. Start with the Breakfast section. Draw the foods you usually eat for breakfast.
2. In the glass beside the plate, draw or co hea u usually have.
3. On the lines provided, complete the sentence: reakfast lly have..." and write what you eat.
4. Move to the Lunch section. Draw the foods you usually eat 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 and stay inside the lines.
9. Review your work to make sure each meal is complete and shows healthy food choices.
10. Submit your worksheet when finished.

PREVIEW

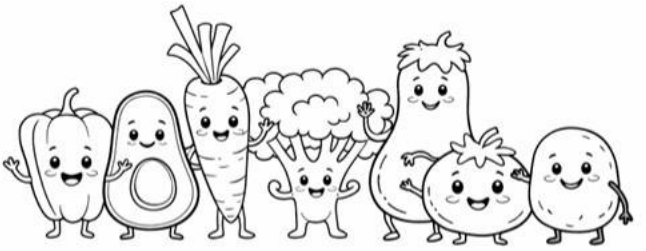
© Super Simple Sheets

Name: _____ 72

Curriculum Connection
D2.1

My Healthy Eating Habits

Breakfast



For breakfast, I usually have _____

_____

_____

_____

_____

Lunch

For lun[illegible]ly have _____

_____

_____

_____

_____

Dinner

For dinner, I usually have _____

_____

_____

_____

_____

PREVIEW

© Super Simple Sheets

Name: _____ 73

Curriculum Connection
D2.1

How To Create a Healthy Habit

Why Should We Try To Make Healthy Choices A Habit?

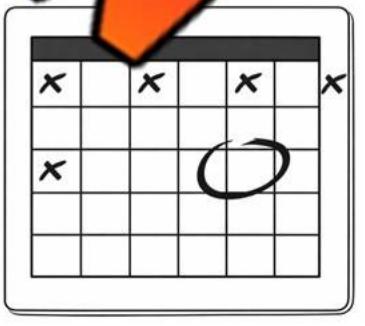
Creating healthy habits is a way to make lasting changes and improve your overall health and well-being. Creating healthy habits has several benefits:

1) Sustainability: Habits are actions that we do regularly and automatically, which make it more likely that you will stick with your healthy lifestyle changes.
2) Improved health: Healthy habits, such as eating nutritious food, exercising regularly and getting enough sleep, can improve your overall health.
3) Increased energy: By forming healthy habits, you will likely have more energy.
4) Better self-esteem: By making positive changes to your lifestyle, you will likely feel better about yourself and have more control over your health.
5) Improved mental health: Healthy habits can also have a positive impact on your mental health, helping you to reduce stress and improve your mood.

PREVIEW

Here's how to create a healthy habit:

1) Choose a habit: Decide on a habit that you want to form, such as drinking water, eating fruits and vegetables, or exercising every day.
2) Start small: Make it easy for yourself by starting with a small goal, like drinking one glass of water a day or doing 5 jumping jacks.
3) Make it a routine: Do the habit at the same time every day.
4) Track your progress: Keep a record of when you did the habit, so you stay motivated.
5) Be patient: Creating a habit takes time, so be patient and do not give up if you slip up.
6) Get support: Tell your family and friends about your goal and ask for their support. It can also help to find a friend to do the habit with you.



Remember, creating a healthy habit is a process, so take it step by step and have fun!

© Super Simple Sheets

Name: _____ 74

Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Starting a healthy habit can make you feel better.	True	False
2) Having healthy habits will make you healthier.	True	False
3) It is impossible to start healthy habits.	True	False
4) You should track your habits to make sure you keep doing them.	True	False
5) Creatin[illegible]t happens fast.	True	False

PREVIEW

Making [illegible]ection[illegible]

[illegible]ou have any healthy habits? Explain them.

Identify

Determine which scenarios demonstrat[illegible]h[illegible]bit-bu[illegible] behaviours.

Scenarios		☒
1) Anna drinks water every morning.		
2) Ben starts exercising but stops after one day because it feels hard.		
3) Carla sets a small goal to eat one fruit every day		
4) David skips breakfast often and does not try to change the habit.		
5) Emma asks her family to remind her to go to sleep early.		
6) Felix gives up on drinking water when he forgets one day.		
7) Grace chooses one healthy habit and practises it everyday.		
8) Isla makes a plan to eat healthier but never starts it.		

© Super Simple Sheets

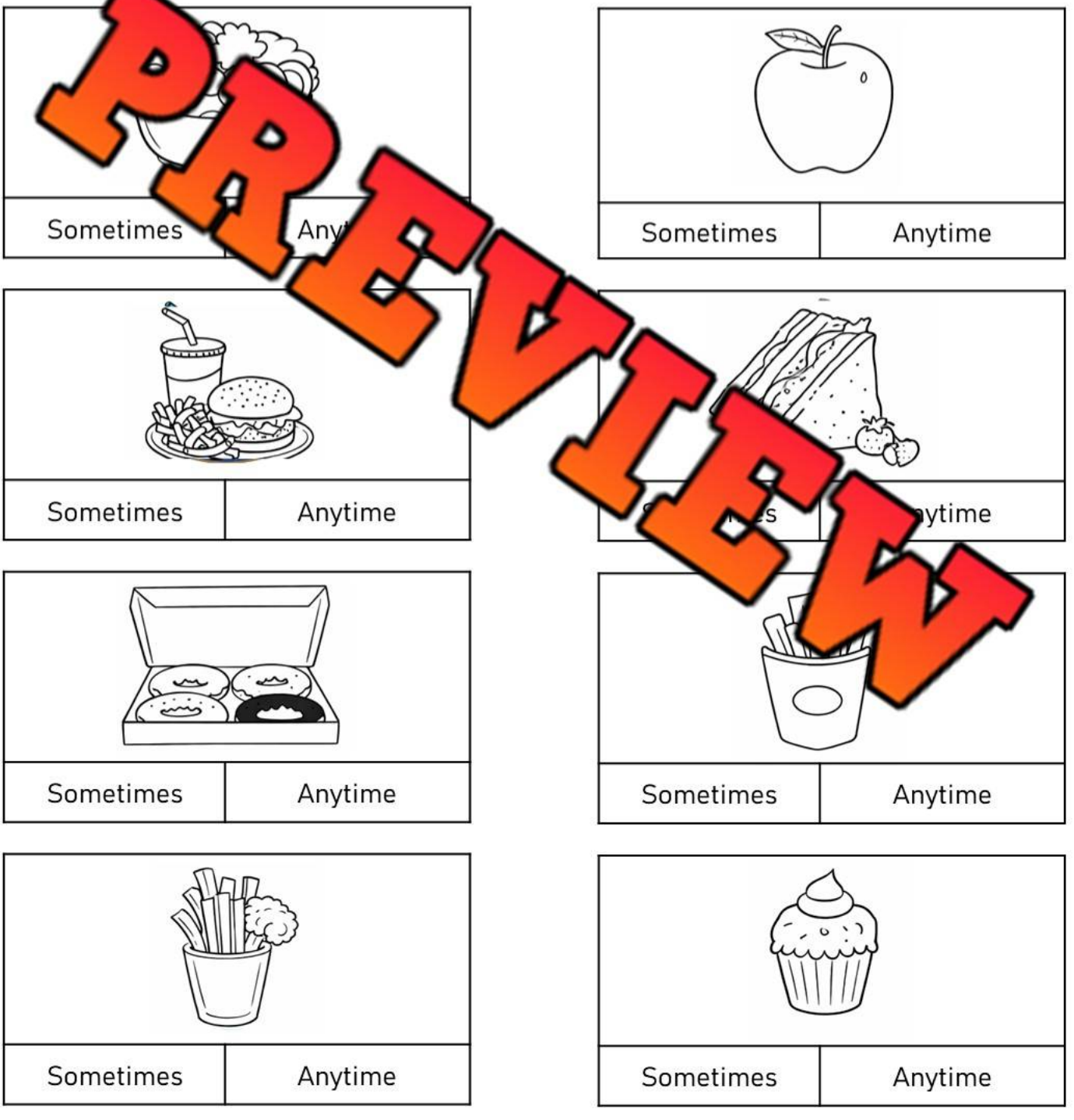
Name: _____ 77

Curriculum Connection
D2.1

Healthy Food Choices

Some foods are full of vitamins and minerals and should be part of our diets anytime. Other foods have flavours we like but may be high in sugar, sodium or fats and should be eaten only sometimes

Directions Are the foods anytime or sometimes foods?



Sometimes	Anytime
Sometimes	Anytime
Sometimes	Anytime
Sometimes	Anytime
Sometimes	Anytime
Sometimes	Anytime
Sometimes	Anytime

PREVIEW

© Super Simple Sheets

Name: _____ 79

Curriculum Connection
D2.1

Mindful Eating

Healthy Eating

Mindful eating is a practice of being consciously aware of your choices and behaviors related to food. It is a way to improve your relationship with food and eating, as well as your overall health. It can involve slowing down while eating and being aware of how the food looks, smells, tastes, and feels.

Mindful eating can also involve paying attention to hunger and fullness cues, being aware of your emotions around eating, and choosing foods that nourish your body and mind. Overall, mindful eating is about being aware of and honoring your body's needs.

PREVIEW



What Are The Benefits of Mindful Eating?

The benefits of mindful eating include:

- Improved digestion,
- Increased satisfaction,
- Better health
- Less mindless eating when you overeat junk food, like chips or sweets
- Mindful eating allows us to pay attention to how food tastes, how it smells and how it makes us feel.
- It makes us slow down and enjoy our food, the flavors, textures, and aromas.
- Mindful eating also focuses on being aware of how food makes us feel, including our physical and emotional reactions. Recognizing these reactions can help us make better food choices.
- Mindful eating can help us to become more aware of our body's hunger and fullness cues, helping us to eat when we are actually hungry and stop when we are satisfied.

© Super Simple Sheets

Name: _____ 80

Curriculum Connection
D2.1

True or False

Circle whether the statement is true or false.

1) When we eat mindfully we slow down which helps digestion.	True	False
2) We should always finish everything on our plates.	True	False
3) When we eat mindfully we enjoy our food more.	True	False
4) Eating mindfully means going on a diet to lose weight.	True	False
5) When we eat mindfully we notice when we are full.	True	False

Think

its of healthy eating.



PREVIEW

Questions

Answer the questions below using

1) What is mindful eating?

2) Why is mindful eating important?

© Super Simple Sheets

Name: _____ 81

Curriculum Connection
D2.1

Activity –Mindfulness Eating Scavenger Hunt

Introduction What are we learning more about?

Mindfulness Eating Scavenger Hunt
One way to learn about mindful eating is a mindful eating scavenger hunt. Go around the classroom, looking for items that stimulate each of the senses.

Method As you find items, complete the chart below describing what each item looks, smells, feels, and sounds like or tastes like if a food.

		SMELL	TASTE	SOUND	SIGHT

PREVIEW

Connecting Reflect on what you experienced during the scavenger hunt and how it relates to mindful eating.

_____

_____

_____

© Super Simple Sheets

Name: _____ 82

Curriculum Connection
D2.1

Mindful Eating Story

Mindfully Eating - Timmy

Once upon a time, there was a little boy named Timmy who loved to eat. He would gobble up his food as fast as he could and never really paid attention to what he was eating or how he was eating.



One day, Timmy's teacher taught the class about mindfulness and how it can help with eating habits. Timmy was curious and decided to try it for himself.

The next time he sat down for a meal, he made sure to take deep breaths and focus on his food. He looked at the colors and textures of his food and took small bites, savoring each one. He also made sure to chew his food slowly and fully, enjoying the flavors and the experience of eating.

Timmy also enjoyed making the meals himself and paid more attention to mixing ingredients. He learned what flavors would go well together. He really enjoyed mixing peanut butter and jelly for sandwiches.



To Timmy's surprise, he found that eating mindfully was fun. He liked learning more about the food he was eating and how it could help him. He really liked to learn about how food could help him have more energy for his sports.

From then on, Timmy made sure to eat mindfully every day. He also taught his family and friends about the benefits of mindful eating, and they all started to practice it together.

PREVIEW

© Super Simple Sheets

Name: _____ 83

Curriculum Connection
D2.1

True or False

Is the statement true or false?

1) Before learning mindful eating, Timmy ate too fast.	True	False
2) Timmy learned to take his time while he eats.	True	False
3) Timmy learned to think about his food.	True	False
4) Timmy did not like to make food for himself.	True	False
5) Timmy [illegible] that he was able to use food to energize his sports.	True	False

Mak[illegible]

Do you think you eat mindfully? Explain.

PREVIEW

Questions

Answer the questions below using [illegible]

1) How did Timmy improve his eating habits?

2) Why do you think it is good to cook for yourself?

© Super Simple Sheets

Name: _____ 86

Curriculum Connection
D3.1

Preparing Healthy Snacks

Preparing Healthy Snacks

There are many benefits to getting kids involved in meal and snack preparation.

1) Improved nutrition: When kids are involved in meal preparation, they are more likely to try new foods and make healthier choices. They also gain an unde ding of what goes into their meals and the importance of balanced nutri
2) and self-esteem: By participating in meal preparation, kids dev p new eel a sense of accomplishment and pride.
3) Life skills: paratio s kids valuable life skills such as cooking, budgeting, and y can use throughout their lives.
4) Family bonding: Meal ion and bonding experience for families.
5) Better eating habits: When kids a olved i aration, they take ownership of their food choices and deve lthy its that can last a lifetime.

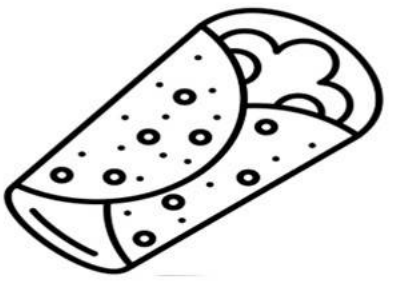
PREVIEW

What Are Some Healthy Meals Or Snacks You Can Help Pre e?

- Veggie wrap
- Fruit smoothie
- Baked sweet potato fries
- Vegetable Sticks and Dip
- Peanut Butter and Jam Sandwich
- Quesadillas
- Yogurt Parfait







Remember, the goal is to have fun while learning about healthy eating, so pick a recipe that interests you with most ingredients you like.

© Super Simple Sheets

Name: _____ 87

Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) Following a recipe often requires math skills.	True	False
2) You can make snacks from fruits and vegetables.	True	False
3) Kids under 12 are too young to help with cooking.	True	False
4) Kids should stay out of the way when someone is making dinner.	True	False
5) Making ogether can be a bonding family experience.	True	False

Connecti

D ys that you help with meal preparation. Examples: Meal gro y shopping, cleaning or chopping vegetables, etc.

Sequence

Number the steps from 1 to 7 to show how to prep ck.

Wash the fruits or vegetables well to remove dirt and germs.	
Wash your hands with soap and clean water before touching food.	
Place the prepared food neatly on a plate or in a container.	
Gather all the ingredients and tools you will need.	
Clean up the area and put away all used materials.	
Eat the healthy snack slowly and enjoy it.	
Carefully cut or prepare the food using safe tools.	

PREVIEW

© Super Simple Sheets

Name: _____ 91

Curriculum Connection
D3.1

Making Healthy Food Choices

Healthy Eating When You Are Not At Home

When we are at home, we can prepare healthy meals and snacks from ingredients purchased as part of our healthy eating plan. When we will not be at home, we need to plan for healthy choices either by bringing a lunch and snacks with us or by knowing what we can purchase that is a healthy option.



Drinking Water

Having a reusable water bottle encourages us to drink more water and make healthier beverage choices. Having our own water bottle readily available, we are more likely to choose water over sugary drinks such as soda, fruit juices, and sports drinks. Drinking more water can also help us stay hydrated.

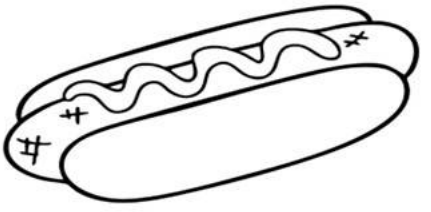
What To Order When Eating Fast Food

When we are away from home, we may have our meal at a fast food restaurant. Eating fast food occasionally is not a problem. When we are ordering, we can make the healthiest choice from what is available. Think about how much fat, sugar and salt is in each item and how many nutrients it has.



Some healthier choices you can make include:

- Grilled chicken wrap instead of a deep-fried option
- Regular sized burgers instead of double burgers with bacon
- Vegetable or fruit-based sides like a side salad, fruit cup, or apple slices
- Baked potato instead of French fries
- Salad bowl meals instead of white bread subs
- Whole grain buns or tortillas instead of white bread
- Adding lots of vegetables to your sub sandwich
- Choose thin crust pizza instead of a thick crust and add some vegetable toppings.



PREVIEW

Name: _____ 92

Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) Having a water bottle with you is a healthy habit.	True	False
2) Eating healthy requires some planning.	True	False
3) Portion size is not a concern for kids	True	False
4) You should never eat fast food if you want to be healthy.	True	False
5) You can make healthier choices when eating out.	True	False

Draw

Draw meals you can order at a fast food restaurant which are a choice than ordering all fried food.

PREVIEW

Questions

Answer the questions below using evidence from the

1) What are the benefits of having a full water bottle with you?

_____

_____

_____

2) What should we try to avoid when ordering fast food?

_____

_____

_____

© Super Simple Sheets

Name: _____ 95

Curriculum Connection
D3.1

Healthy Snacks On The Go

Healthy Snacks On The Go

Eating healthy when you are away from home can be challenging, but it is possible with a little planning. Here are some tips for eating healthy when you are away from home:

Pack your own meals: Preparing your own meals ahead of time can ensure you have healthy options available. Pack a salad, whole grain sandwich, or leftovers from dinner.

Choose wisely when eating out: When eating out, look for options that are grilled or baked, rather than fried. Choose a salad, soup or a grilled sandwich instead of a heavy meal.

Keep healthy snacks on hand: Pack snacks like fruit, raw veggies, unsalted nuts, or dried fruit to keep you fueled and energized between meals.

Plan ahead: Consider what meals and snacks you will need during the day, and plan accordingly, letting your parent know which healthy snacks and meals you enjoy most so that you have the ingredients needed at home. Healthy snacks that will keep you going during the day include:







- fruit
- a hard-boiled egg
- yogurt, or cottage cheese
- trail mix with nuts, dried fruit, and seeds
- rice cakes with nut butter and sliced banana
- raw veggies like carrot sticks, cherry tomatoes or snap peas
- whole grain crackers with hummus, avocado spread or nut butter

These are just a few examples, but the key is to include a balance of protein, healthy fats, and fiber to keep you satisfied and energized throughout the day. By being prepared, you can eat healthily even when you are away from home.

PREVIEW

Name: _____ 96

Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) It is impossible to eat healthy when you are not at home.	True	False
2) It takes planning to have healthy snacks	True	False
3) Trail mix without candy in it is a healthy snack.	True	False
4) Fruit flavoured slushies are a healthy drink choice.	True	False
5) Having r vegetables as a snack is a good way to eat healthy.	True	False

Mak Connecti

r favourite healthy snack options that you can take with you tly?

1	
2	
3	

PREVIEW

Questions

Answer the questions below using evidenc the

1) What are some sources of protein you can have in a snack?

_____

_____

_____

2) Why is it important to eat snacks that have fibre?

_____

_____

_____

© Super Simple Sheets

Name: _____ 97

Curriculum Connection
D1.1

Think Circle if the food is healthy or unhealthy.

Banana	Candy	Hard-boiled
		
Healthy / Unhealthy	Healthy / Unhealthy	Healthy / Unhealthy

	Granola bar	Potato chips
		
Healthy / Unhealthy	Healt / Unhea	Healthy / Unhealthy

Soda	Yogu	Gummy snacks
		
Healthy / Unhealthy	Healthy / Unhealthy	Healthy / Unhealthy

Grapes	Donuts	Apple slices
		
Healthy / Unhealthy	Healthy / Unhealthy	Healthy / Unhealthy

PREVIEW

© Super Simple Sheets

Name: _____ 98

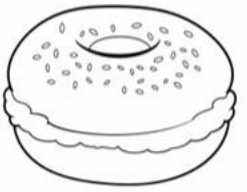
Curriculum Connection
D3.1

Choosing a Healthy Snack

Questions How do we know what the healthiest choice is?

When we are trying to make the healthiest food choice there are several things to consider, including how much fat, salt and sugar the food has. Also does the item have nutrients or is it just empty calories? Imagine you are going to a coffee shop for a morning snack. You have a choice between a chocolate chip muffin, a bagel or a glazed d

PREVIEW

Nutri d how much we need each day**			
	Chip	Plain bagel with m cheese*	Glazed donut
Fibre 15 – 20 g	2 g		1 gram
Fat 66 g	16 g		10 grams
Carbohydrates 130 g	66 g	61 g	41 grams
Calories 2000	420	3	270
Sodium 1800 mg	330 mg	615 mg	
Protein 34 g	6 g	12 g	s
Calcium 1300 mg	40 mg	83 mg	0 mg
Iron 8 mg	4 mg	4 mg	1mg

*A typical serving of cream cheese on a bagel is 2 tbsp.
**Everyone is different. These values are averages. It depends on your size and activity level.

Which item do you think is the healthiest choice? Why?

_____

_____

_____

© Super Simple Sheets

Name: _____ 99

Curriculum Connection
D3.1

True or False

Is the statement true or false?

1) You can just look at calories to know if a food is healthy	True	False
2) You can just look at fibre to know if a food is healthy	True	False
3) You should check all nutrition facts.	True	False
4) Muffins are always healthy	True	False
5) Bagels are always healthy	True	False

Making Connections

foods do you eat that might not be as healthy as people

PREVIEW

Questions

Answer the questions below using ev ro xt

1) Which nutritional facts can help you decide if a food is healthy?

2) Why is it helpful to look at the nutritional fact label before deciding if a food is healthy?

© Super Simple Sheets

Name: _____ 100

Curriculum Connection
D3.1

Food Comparisons



Plain Greek Yogurt

Nutrition Facts

4 servings per container

Serving size	**4 (100g)**
Amount Per Serving	
Calories	**130**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0	**0%**
Trans Fat 0g	
Cholesterol	
Sodium 9	
Total Carbohy 0g	
Dietary Fiber 1g	
Total Sugars 7g	
Includes 0g Added Sug	**0%**
Protein 23g	**6%**
Vitamin D 0mcg	0
Calcium 325mg	2
Iron 0mg	0%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Which Would You Choose? Why

Strawberry Yogurt

Nutrition Facts

4 servings per container

Serving size	**4 (100g)**
Amount Per Serving	
Calories	**130**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 18g	
Includes 0g Added Sugars	**0%**
Protein 5g	**10%**
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 470mg	10%
Vitamin C	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

White Bread

Nutrition Facts

23 servings per container

Serving size	**1 Slice (30g)**
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 2g	**4%**
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Which Would You Choose? W

le Wheat Bread

Nut on Facts

serv ont r

ervi	**ice (30g)**
Amo	
Calorie	**90**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 5g	**18%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 5g	**10%**
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

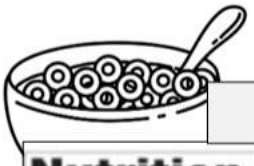
PREVIEW

© Super Simple Sheets

Name: _____ 101

Curriculum Connection
D3.1

Food Comparisons



Honey Nut Cheerios

Nutrition Facts
Serving Size ¾ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from F	15	15
		Value**
Total Fat 1.5g		2%
Saturated F		0
Trans F		
Polyun	Fat 0.5g	
Monounsa	d Fat 0.5	
Cholesterol 0mg	0	
Sodium 160mg	7	2
Potassium 115mg	3%	
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		

Ingredients: Whole Grain Oats (includes the oat bran), **Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**

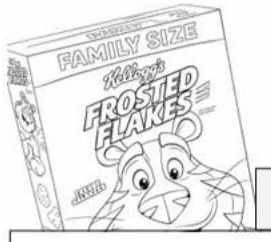
Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin [illegible]), **Vitamin A** (palmitate), **A B** [illegible] **folic acid), Vitamin B_{12}, Vitamin D_3.**

[illegible]S AL[illegible]ND; MAY CONTAIN [illegible] **INGR[illegible]**



1) What do you think is healthy about Honey Nut Cheerios?

2) What is unhealthy about Honey Nut Cheerios?



Frosted Flakes

Nutrition Facts
1 serving per container
Serving size
1 Container (60g)
Calories per serving 220

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 0g	0%	**Total Carb.** 53g	19%
Saturated Fat 0g	0%	Dietary Fiber 1g	5%
Trans Fat 0g		Total Sugars 21g	
Cholesterol 0mg	0%	Incl. 21g Added Sugars	42%
Sodium 300mg	13%	**Protein** 3g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vit. D 3mcg 15% • Calcium 0mg 0% • Iron 11mg 60% • Potas. 60mg 0%
Thiamin 30% • Riboflavin 30% • Niacin 30% • Vitamin B_6 30%
Folate 180mcg DFE 45% (110mcg folic acid) • Vitamin B_{12} 30%

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B_6 (pyridoxine hydrochloride), vitamin B_2 (riboflavin), vitamin B_1 (thiamin hydrochloride), folic acid, vitamin D_3, vitamin B_{12}.

1) A[illegible]s[illegible]kes healthy?
[illegible]hy or [illegible].

2) Which ingredients do you not want to eat in Frosted Flakes?

PREVIEW

Name: _____ 105

Unit Test – Healthy Eating

Multiple Choice | Circle the best answer. Only choose 1 answer!

1) Canada's New Food Guide has: a) 3 food categories, fruits and vegetables, whole grains, and protein foods. b) 5 food gr… meats, dairy, fruits, vegetables, …ins. c) Protei… …y d) Ca… …rates, fa… …teins.	2. Fat are a food that: a) Is bad for you and should be eaten as little as possible. b) Gives us energy and help with vitamin absorption. c) Causes heart disease. d) Are a micronutrient.
3. Canada's New F… …ys … a) Eat mindfully. b) Cook more often. c) Eat with others. d) All of the Above.	4. Micronutrients are a) Small healthy snacks eaten between meals. …) Carbohydrates and fats. …in and minerals. …rotein.
5. Macronutrients are: a) Meat and dairy. b) Carbohydrates, proteins and fats. c) Whole grains and fibre. d) Vitamins and minerals.	6. Mi… a… …e calc… …ium, and magnesium. b) Are …s, milk … …d meat. c) Include s… d) All of the above.
7. The different types of carbohydrates are: a) simple, complex and fibre b) fibre, protein, milk products and grains. c) Multi grains and breads. d) breads, rice and beans.	8. Children aged 9-13 s… …uld… a) 8 cups of water per day. b) 5-6 cups of water per day c) 3 cups of water and 3 cups of milk per day. d) 4 cups of water per day.
9. Fibre a) Is not digested by your body. b) Is full of nutrients. c) Helps build strong bones and teeth. d) All of the above.	10. Protein is a) A macronutrient. b) Found in fruit. c) Always healthy. d) All of the above.

PREVIEW

© Super Simple Sheets

Define What do the terms below mean?

Term	Definition – What does it mean?
Micronutrients	
Macronut[illegible]	
Carbohy[illegible]ates	

PREVIEW

Short Answer Answ[illegible] question[illegible] - Each question is worth 3 marks

1) Name 3 macronutrients and tell wh[illegible] do to [illegible]s healthy?

2) Name 3 micronutrients and tell what it does in our body ?

3) What are 2 types of fats and 2 examples of each?

© Super Simple Sheets

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

1) What are 5 recommendations from Canada's New Food Guide?

2) What is mindful eating and why is it impo

PREVIEW

© Super Simple Sheets