Workbook Preview

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Grade 3 – Health Unit

Healthy Eating

	Curriculum Expectations	Pages
D1.1	Demonstrate an understanding of how the origins of food (e.g., where the food is grown, harvested, trapped, fished, or hunted; whether and how it is processed or prepared) affect its nutritional value	6 – 84, 102 – 107
D2.1	Demonstrate an understanding of the importance of good oral health to overall health and assess the effect of different food choices on oral health.	92 - 101
D3.1	Explain how local foods and foods from various cultures (e.g., berries, curries, chapatis, lychees, kale, lentils, corn, naan, wild game, fish, tourtière) can be used to expand their range of healthy eating choices.	6 – 14, 85 – 91, 102 - 111

Preview of 80 pages from this product that contains 158 pages total.

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HEALTHY EATING



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Curriculum Connection
D1.1, D3.1

Where Does Our Food Come From?

What is the Journey of Our Food?



Have you wondered where your food comes from? Some food we eat is grown nearby. Some food comes from far away.

In Canada, we have 4 seasons. We cannot grow food in all of our seasons, so we need to buy food from other countries.

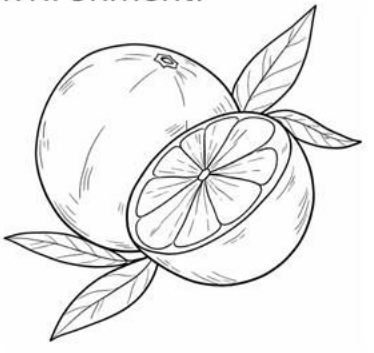
In the fall, the food we eat might be from close by. Maybe there is an apple tree farm near you. What about oranges? In Ontario, most oranges and orange juice we buy comes from places like Florida and Brazil.

PREVIEW

How Does the Journey of Our Food Affect Our World?

When we buy an orange, it travels a long way. It is kept cool in a truck, train, boat, or plane. Trucks that keep food cool use more gas. When we buy oranges from a local farm, less fuel is used for transportation. Buying local can help the environment.

Fruit that is transported over long distances needs packaging to protect it from getting squashed. This creates garbage that affects the environment.



Shopping Locally

Buying fresh fruits and vegetables from the local farmers' markets means the food has not travelled far. It is usually picked in the morning before it is sold, which makes it fresher and healthier.

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Curriculum Connection
D1.1, D3.1

Making Connections What does this remind you of in your life? Have you had a garden? Have you visited a farm?

True or False ...tate... true or false?

1) Buying local means o... ...fresh...	True	False
2) In Ontario, our food does not g...ow i... ...eas...	True	False
3) The food we eat does not affect the environme...	True	False
4) Buying food at the grocery store is the same ... ...om...	True	False
5) Food that travels a long distance is not as fresh.	Tru...	False

PREVIEW

Word Search Find the word bank words in the puzzle.

Orange	Grow
Apple	Buy
Farm	Season
Fresh	Travel
Healthy	Food

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

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D1.1, D3.1

Choosing Local Food

The choices we make about what we eat can have a huge impact on our health. It is important to understand that our choices also affect the environment.

Action Plan

Learn where your food is grown. Which foods come from near where you live? Is your area known for any food? Do you choose local food? Complete the chart below making your food choices things that are available as close to home as possible. Does your family grow any food or does anyone in your family hunt, trap or fish?

PREVIEW

Food Choice	Where is the food produced?	Is the food available all year or only in season? List the months you can get this local food.
Milk	ABC Dairy, [illegible] farmers a[illegible]	[illegible]vailable all year

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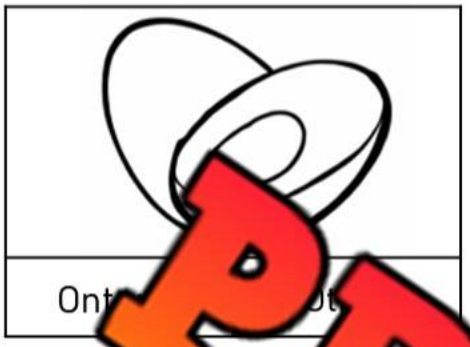
Curriculum Connection
D1.1, D3.1

Ontario Foods

Directions Circle whether the food is grown or raised in Ontario



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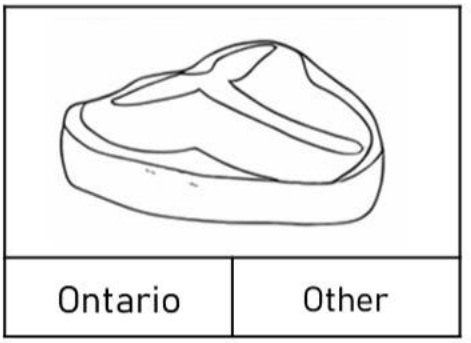
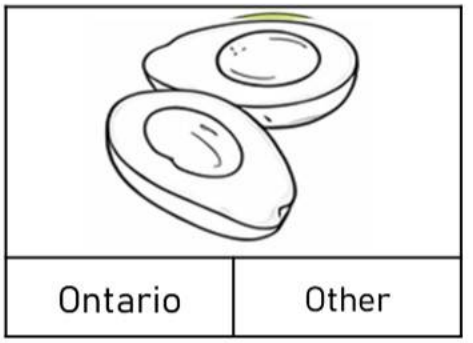
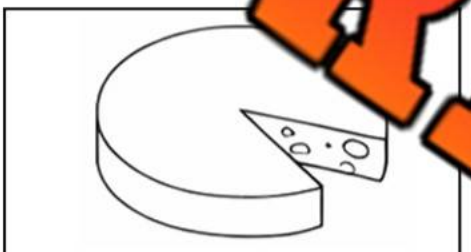


Ontario	Other



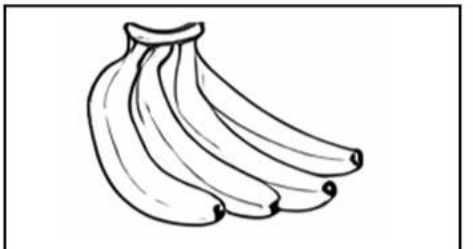
Ontario	Other



Ontario	Other



Ontari	



Ontario	Other



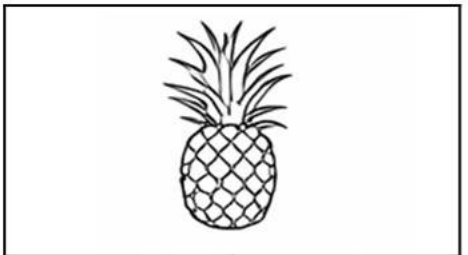
Ontario	Other



Ontario	Other



Ontario	Other



Ontario	Other



Ontario	Other



Ontario	Other

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Curriculum Connection
D1.1

What is Food Processing?

What is Food Processing?

Food processing is like a big kitchen where our food is changed to make it:

- Safer to eat or drink: some processes kill the bacteria in the food so that you do not get sick when you eat it.

- Last [illegible] you kill the bacteria in the food it does not spoil as fast. S[illegible]mes du[illegible]essing, the form of the product is changed to make it last longe[illegible]ry [illegible]ducts like milk or eggs you take away the water that the bact[illegible]eds t[illegible]d milk and eggs are safe to eat for years.

- Taste better: Sometimes [illegible], sa[illegible] f[illegible]spices are added during processing to make the food tast[illegible].

- Look nicer : Sometimes fruit like apples g[illegible]uise[illegible]appens, the fruit does not look as good. Making the apples i[illegible] app[illegible]ce or juice means the bruises do not matter.



- Easier to use in recipes: Wheat must be ground into flour to make bread. Meat must be ground to make hamburgers.

- Heat and serve: Some processing makes the food into a meal that just needs to be heated, like frozen pizza, or a can of soup.

- Contain more vitamins: Some foods like milk and cereal have vitamins and minerals added to make them healthier.

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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Processed food is always healthier.	True	False
2) Processing food can make it taste better.	True	False
3) Processed foods are always cooked.	True	False
4) Processing food can make it safer to eat or drink.	True	False
5) Processed foods are often easier to prepare.	True	False

Direction

Circle the foods that are processed.

Apple	Soup	Sausage	Fresh corn
Canned corn	Fresh fish	Apple juice	Yogurt
Frozen pizza	Bread	Cheese	Milk

Question

Why do we process food?

PREVIEW

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Curriculum Connection
D1.1

Memory Game: Raw Food and Processed Food Match

Objective — What are we learning about?

To reinforce understanding of food processing by identifying how raw foods change into processed foods.

Materials — What will you need for the activity?

- M[illegible]y game[illegible]rovided) with raw foods on one set a[illegible]ms on another set
- A flat surface s[illegible]or to lay out the cards



Instructions — How will you compl[illegible] activi[illegible]

1. Divide the class into groups of 3 or 4. G[illegible]ch g[illegible]a[illegible]f Food Processing Memory Game cards.
2. Have each group lay all the cards face down in a gr[illegible]a t[illegible] floor.
3. Students take turns flipping over two cards at a time to find a m[illegible]n between a raw food and its processed food.
4. If a student finds a correct match, they keep the pair and take another turn.
5. If the cards do not match, they turn them back over, and the next student takes a turn.
6. The game continues until all cards are matched.
7. After the game, review each pair and ask students to name how the food was processed (cooked, dried, frozen, ground, etc.).

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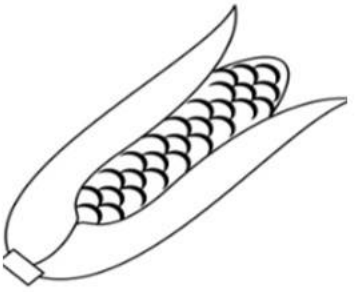
Curriculum Connection
D1.1

Raw Food

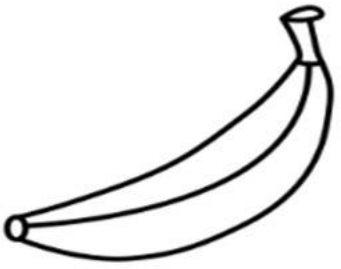


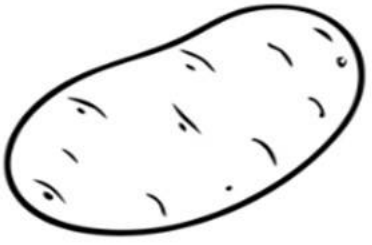














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D1.1

Raw Food

















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D1.1

Unprocessed Food



















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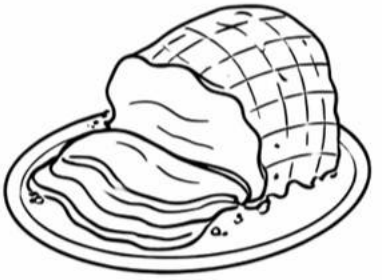
D1.1

Unprocessed Food





















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Curriculum Connection
D1.1

Sort | Write 15 raw foods and 15 unprocessed foods

Raw Foods	Unprocessed Foods

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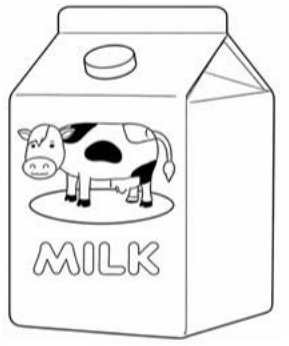
D1.1

Milk Processing

Milk Processing



Milk is processed in different ways to make it a safe and healthy drink and to turn it into other foods that we enjoy.

Pasteu

After co s are m r milk is heated. This is called pasteurization. This makes the milk last lon ore it r. It also kills any bacteria in the milk that could make you sick.

PREVIEW

Adding Vitamin D

In Canada, vitamin D is added to milk. Vitamin lps rb the calcium you get from the milk. This helps you have st es



Turning Milk into Different Foods

Another way milk is processed is that it is made into butter, cheese, yogurt, sour cream and ice cream. Milk is also used in lots of ready-made baked goods.

Milk can also be dried to become powdered milk. Powdered milk keeps for a long time and can be added to baking mixes and other products.

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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Milk is not a processed food.	True	False
2) Pasteurization is when milk is heated to kill bacteria.	True	False
3) Vitamin A is added to milk.	True	False
4) Milk can be dried.	True	False
5) Powdere keeps for a very long time.	True	False

D

w your favourite ice cream and then describe it.

Questions

Answer the questions below using ev ro xt

1) What are 2 ways milk is processed that make it safer and healthier d

2) Name 5 things made with processed milk.

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D1.1

Unprocessed Foods - Cons

Downsides of Unprocessed Foods

Unprocessed foods are very good for us, but there are a couple of things to think about.

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1. ly: Because they are natural and do not have hem to make them last longer, they we have to eat them quickly or keep

2. <u>They might need more time to prepare:</u> times unprocessed foods can take a bit more tim dy to eat. For example, green beans right from the ga need to be washed and have the stems cut off before you cook them. Frozen or canned beans just need to be heated.



But even with these things to think about, unprocessed foods are an important part of our diets. They are super healthy and eating a mix of these with some processed foods (like bread or milk), can help us stay strong and healthy.

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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Unprocessed foods spoil faster than processed foods.	True	False
2) Unprocessed foods are often not as easy to make as processed foods.	True	False
3) Unprocessed foods always taste better than processed foods.	True	False
4) Unprocessed foods include the vegetables in your garden.	True	False
5) Unproc foods are always ready to eat.	True	False

Dra

nprocessed food and a processed food

Pr Food	Unprocessed Food

PREVIEW

Questions

Answer the questions below using ev ro

1) What are problems with using unprocessed foods?

2) What are some things you need to do to prepare unprocessed foods?

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Curriculum Connection
D1.1

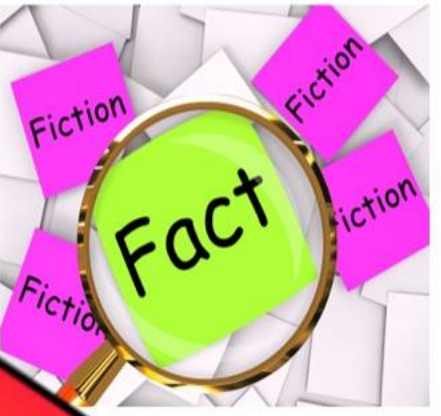
Fact or Fiction – Unprocessed Foods

Objective | What are we learning about?

To identify the challenges of unprocessed foods by deciding whether statements are facts or fiction.

Material | What will you need for the activity?

- A list of s[illegible]bout [illegible]rocessed foods (provided on [illegible]orksh[illegible]
- Pencil
- Eraser



Instructions | How will you complete the a[illegible]

1. Your teacher will read statements. Pay close a[illegible]s ea[illegible]tement is shared.
2. Consider carefully whether you think the statement is true [illegible] fa[illegible]
3. If you decide the statement is true, walk to the 'Fact' side of the room.
4. If your guess is that it's not true, move to the 'Fiction' side of the room.
5. Stay on your chosen side and listen attentively for the correct answer to be revealed.
6. When the right answer is announced, return to your seat, ready for the next round.
7. Have fun getting up and moving!

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Curriculum Connection
D1.1

Fact or Fiction | Read the statements to the class.

#	Statement	Fact or Fiction
1	Fresh fruits can last forever without refrigeration.	**Fiction**
2	Unprocessed foods can spoil faster than processed foods.	**Fact**
3	Raw vegetables are always ready to eat without preparation.	**Fiction**
4	Unprocessed foods may need washing before eating.	**Fact**
5	Processed foods never need to be stored properly.	**Fiction**
6	Unprocessed foods are always faster to cook than processed foods.	**Fiction**
7	Unprocessed foods do not spoil because they are natural.	**Fiction**
8	Some unprocessed foods are more difficult to prepare.	**Fact**
9	Unprocessed foods do not need any preparation time.	**Fiction**
10	Fresh foods can go bad if left out too long.	**Fact**
11	Processed foods are always easier to eat than unprocessed foods.	**Fact**
12	Some unprocessed foods need to be cooked before eating.	**Fact**
13	Unprocessed foods can be eaten anytime without checking freshness.	**Fiction**
14	Fresh foods can be unsafe if not handled properly.	**Fact**
15	Unprocessed foods never expire or go bad.	**Fiction**
16	Washing fresh food helps remove dirt and germs.	**Fact**
17	Fresh foods may need more planning before meals.	**Fact**
18	Fresh meat must be kept cold to stay safe.	**Fact**
19	Storing unprocessed foods correctly helps them last longer.	**Fact**
20	Fruits and vegetables may need to be cut or peeled.	**Fact**

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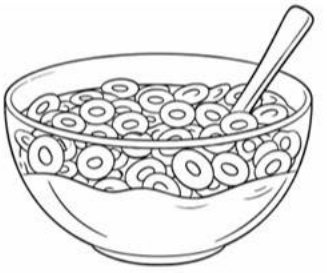
D1.1

Processed Foods and Nutrition

How Does Food Processing Change the Nutrition of Our Food?

Food processing can change our food in different ways. Sometimes, it can make our food healthier. For example, when milk is fortified with vitamin D, it helps our bones to stay st[illegible]me breakfast cereals have added vitamins and [illegible]m a healthier food choice.



Food Process[illegible]akes [illegible]d Less Healthy

Food processing can [illegible]althy by adding, sugar, salt, or unhealthy fats to foods to m[illegible]em [illegible]. Sometimes colours are added to make food look better. These can be [illegible]or us i[illegible] much of them.

Sometimes processing removes good things [illegible] food[illegible] orange juice is made, some healthy fiber from the orange is left out.



Eat Lots Of Different Foods

It is good to eat a mix of different foods so that we get a mix of different vitamins and minerals. Fresh fruits and vegetables are always a great choice because they are full of vitamins and fiber. Processed foods, like bread and milk, are also important. Just remember to check the labels and try to choose foods that do not have too much sugar, salt, or unhealthy fats.

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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Food processing always makes food less healthy.	True	False
2) Food processing may add less healthy things like sugar and salt.	True	False
3) Reading the labels on our food will tell us what has been added.	True	False
4) Orange[illegible]e is just as healthy as eating an orange.	True	False
5) Swee[illegible]akfast cereals are a healthy choice.	True	False

PREVIEW

Making Connecti[illegible]

[illegible]does this remind you of about the food choices you make?

Draw

Draw 3 processed foods you eat often.

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Curriculum Connection
D1.1

Processed Foods To Last Longer

How Food is Processed to Make It Last Longer

Food is processed in different ways to help it stay fresh and last longer. People have been processing their food since prehistoric times. Processing methods can include t[illegible] heating, freezing, or adding ingredients. These methods help preve[illegible]od fro[illegible] and make it safe to eat for a longer time. Some common ways food is p[illegible]s [illegible]inclu[illegible]

- Canning
- Freezing
- Drying
- Pasteurizing
- Fermenting
- Curing



PREVIEW

Canning

Canning is a method where food is heated and sealed in airtight containers, like jars or cans. The heat kills bacteria that can make the food spoil. Examples of canned foods are fruits, vegetables, soups, meats, fish and sauces. While canning can reduce some nutrients, like vitamin C, it helps preserve many other nutrients, making the food safe to eat for a long time.

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D1.1

Making Connections

What does this remind you of in your life?

True or False

Is the statement true or false?

1) Processing food [illegible]	True	False
2) Processing food helps [illegible]	True	False
3) Processed food is never as healthy [illegible]	True	False
4) Some food is heated during processing.	True	False
5) Food processing was only started recently.	True	False

PREVIEW

Word Search

Find the word bank words in the puzzle

Freeze	Canned
Frozen	Fruit
Vitamin	Vegetable
Food	Soup
Spoil	Preserve

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

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Curriculum Connection
D1.1

Activity – Power of Preservatives

Objective What are we learning about?



To observe and understand how processed foods with preservatives tend to last longer than unprocessed foods.

Materia What you will need for the activity.

1. 1 br loaf servatives (preferably homemade or from a bakery)
2. 1 processe baf wit rvatives (bought from the store)
3. 2 clear plastic c ine
4. Marker and labels
5. Observation Table

Instructions How you will compl acti

1) Label the two containers: one as “Preservatives" a ot Preservatives".
2) Place a slice of the No Preservatives bread in the “No Preservatives" container and a slice of the processed bread in the “Preservatives" container.
3) Close the lids on both containers.
4) Place both containers in the same environment (room temperature).
5) Observe both containers each day for a week.
6) Record the changes observed each day in the Observation Table.

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Curriculum Connection
D1.1

Observations

What does the bread look like?

Day	No Preservatives Bread	Bread With Preservatives
1		
2		
3		
4		
5		
6		
7		

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Results

Which bread lasted longer? What preservatives were used.

_____

_____

_____

_____

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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 processes that help food last longer.

Fresh apple	Drying
Canning	Spoiled food
Fermenting	Moldy bread
Warm milk	Freezing
Pasteurizing	Food left out

Name: _____

Colour the food processes that help food last longer.

Fresh apple	Drying
Canning	Spoiled food
Fermenting	Moldy bread
Warm milk	Freezing
Pasteurizing	Food left out

Name: _____

Colour the food processes that help food last longer.

Fresh apple	Drying
Canning	Spoiled food
Fermenting	Moldy bread
Warm milk	Freezing
Pasteurizing	Food left out

PREVIEW

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Curriculum Connection
D1.1

Frozen and Dried Foods

Freezing



Freezing is a process where food is cooled to a very low temperature to stop the growth of bacteria. Frozen foods can include fruits, vegetables, meat, fish, and prepared meals. Freezing helps keep most of the nutrients in the foods and vegetables that are going to be frozen. Manufacturers freeze food at their peak ripeness and have the most nutrients. Fresh vegetables that are sold fresh are picked before they are fully ripe so they can keep longer. Some foods may lose a small amount of vitamin C during freezing.

PREVIEW

Drying



Drying is a method where water is removed from food, making it less likely to spoil. Different drying techniques include sun drying, air drying, and using machines called dehydrators. Foods like dried fruits, beef jerky, dried pasta and dried pet foods are examples of dried foods.

Drying can cause some nutrients, like Vitamin C and B vitamins, to decrease. Drying cod was one of the ways the early explorers fed themselves and they brought dried fish back to their countries as one of Canada's first exports.

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Curriculum Connection
D1.1

True or False Is the statement true or false?

1) Frozen foods are much less healthy than fresh foods.	True	False
2) Dried pasta is an easy to prepare food.	True	False
3) Fruits are picked when they are completely ripe if they are sold fresh.	True	False
4) Freezing foods stops the growth of bacteria.	True	False
5) Dried co as one of the first exports from Canada.	True	False

Direction you know under Frozen Food or Dried Food.

	Dried Food	

PREVIEW

Questions Answer the questions below using evide om

1) Are frozen foods as healthy as fresh?

2) What are the different ways foods are dried.

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Curriculum Connection
D1.1

Activity – Frozen vs. Dried Foods



Objective What are we learning about?

To identify and sort foods based on whether they are frozen or dried.

Materials What will you need for the activity?

- Frozen vs. Dried worksheet (provided)
- Pencil, Eraser

Instructions How will you complete the activity?

1) Look at the list of foods shown at the top of the page. These foods can be stored in different ways.
2) Read each food name carefully before writing.
3) Think about how the food is usually stored at home. Decide if each food belongs under Frozen Foods or Dried Foods. Some foods can be dried or frozen, include those on both lists. Some foods are neither dried nor frozen.
4) Write the food name neatly in the correct box.
5) Continue sorting until all foods from the list are written in the chart.
6) Check your work to make sure every food is in the correct column.
7) Compare your answers with a partner and talk about any differences.
8) Listen as the class reviews the answers together.
9) Be ready to explain why one food belongs in each group.

PREVIEW

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Curriculum Connection
D1.1

Activity – Frozen vs. Dried Foods

List of Foods				
Peas	Beef jerky	French fries	Corn	Dried mango
Raisi	Rice	Shrimp	Peanut butter	Pizza
N s	ken ts	Crackers	Fish	Apple chips
Ice cream	erea	patties	Canned tuna	Mixed vegetables

PREVIEW

Frozen Foods		Dried Foods	

Other Processing Methods

Pasteurization

Pasteurization is a process used for liquids, such as milk and fruit juices. The liquid is heated for a short time to kill harmful bacteria. Pasteurization helps make the liquids sa[illegible]nk and extends their shelf life. While some heat sens[illegible]s [illegible] slightly reduced during pasteurization, most of the o[illegible]s a[illegible]ffected.



Fermentation

Fermentation is a process where bac[illegible] yeas[illegible]k down sugars in food. This process can change the taste, texture, and sh[illegible]e of t[illegible]. Examples of fermented foods are yogurt, cheese, pickles, an[illegible]. Fermentation can make some foods healthier by makin[illegible]d bacteria, your system needs, and increasing some vitamins.



Your Nutrition And Food Processing

Canning, freezing, drying, pasteurization, and fermentation, help make food last longer and safer to eat. Some processing methods may cause small decreases in nutrients, but many other nutrients are preserved or even enhanced. Eating a variety of fresh, less processed foods is important for a healthy diet.

PREVIEW

Name: _____ 44

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Pasteurization is when you turn a solid into a liquid.	True	False
2) When you pasteurize you heat the liquid to kill bacteria.	True	False
3) Pasteurizing is only used on milk.	True	False
4) Adding bacteria to yogurt makes it healthier for your digestion.	True	False
5) Cheese is made with a fermenting process.	True	False

PREVIEW

Mak Connecti

f food processing do you do in your family to make food last Which foods do you put in the freezer? Does your family m jar or relish? Have you helped?

Matching

Match each statement to the correct food ces

1. Uses bacteria or yeast to change taste and texture	❑	❑	teurization
2. Removes water to help food last longer	❑	❑	Fermentation
3. Heats liquids to kill harmful bacteria	❑	❑	Freezing
4. Keeps food cold to slow spoilage	❑	❑	Drying
5. Seals food in containers to preserve it	❑	❑	Canning

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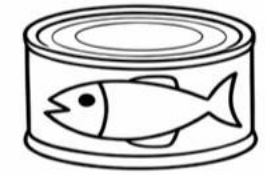
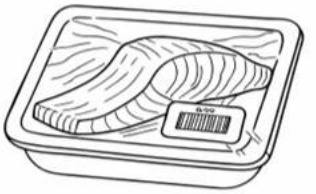
Curriculum Connection
D1.1

Think Circle how the food is processed.

Milk	Canned fish	Yogurt
		
Pasteurized / Dried	Canned / Dried	Fermented / Pasteurized

[illegible]	Cheese	Packaged fish
		
Fermented / Canned	Ferme / [illegible]	Canned / Frozen

Ice cream	Canned [illegible]	Beef jerky
		
Pasteurized / Frozen	Canned / Frozen	Frozen / Dried

Dried mango	Kimchi	Vegetable pack
		
Canned / Dried	Fermented / Canned	Frozen / Pasteurized

PREVIEW

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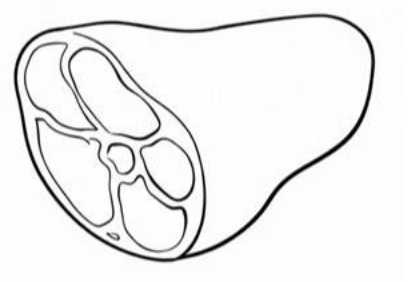
Curriculum Connection
D1.1

Cured Meats

What is Curing Meat?

Curing meat is a way of preserving it by using salt, sugar, and other ingredients and rubbing it on the meat or soaking the meat in it. Curing can also involve smoking the meat with special woods, like hickory or apple, to give it a delicious smoky taste.



Cured meats include dried sausages, fish meats, hot dogs, bacon, ham and sausages.

PREVIEW

Effects on Nutrition

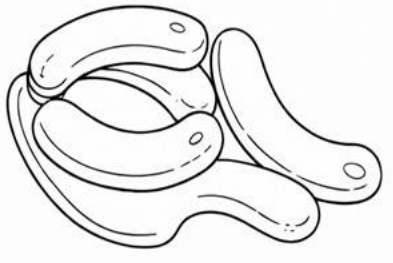
Sodium: Cured meats contain lots of salt, so much salt can be unhealthy.

Nitrites: Some curing mixtures contain nitrites, which help preserve the meat. Nitrites may be harmful if consumed in large amounts.



Health Considerations

Balanced Diet: While cured meats can be tasty, it is essential to eat a variety of foods to get all the necessary nutrients. Make sure to eat plenty of fresh fruits, vegetables, whole grains, and lean meats so that you get a wide range of vitamins, minerals, and other important nutrients.



Name: _____ 47

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Curing meat is a type of food processing.	True	False
2) Cured meats are very healthy.	True	False
3) Cured meats are sometimes smoked.	True	False
4) Nitrites in cured meats are healthy.	True	False
5) Cured m[illegible]ften have high salt content.	True	False

Direc[illegible]

Check[illegible]next to each food that is a cured meat.

❑ Ham		❑ Corned beef
❑ Fresh chicken	❑ Fresh[illegible]	❑ Fresh Pork
❑ Pepperoni	❑ Fres[illegible]	❑ Sausage
❑ Hot dog	❑ Sala[illegible]	Fresh shrimp
❑ Fresh beef	❑ Fresh turke[illegible]	[illegible]ed turkey

Questions

Answer the questions below using evidenc[illegible] th[illegible]

1) What are two processes that cured meats may have?

_____

_____

_____

2) Why should you eat cured meats less often than fresh meat?

_____

_____

_____

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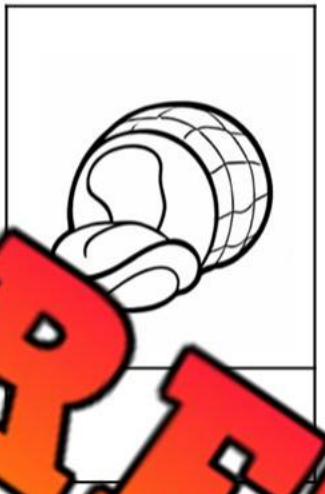
Name: _____ 48

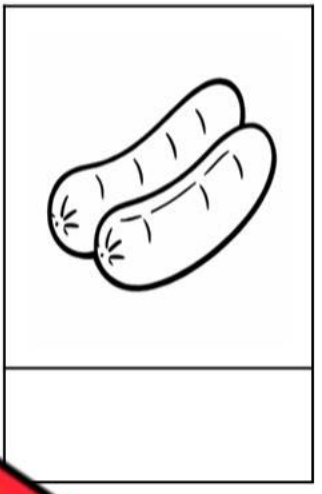
Curriculum Connection
D1.1

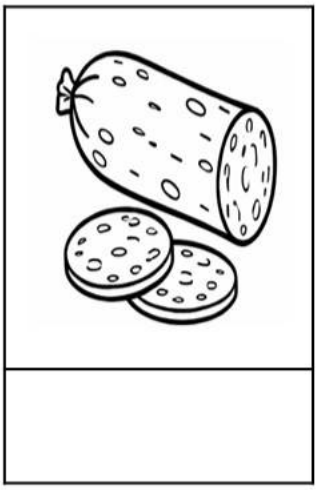
Activity – Cured Meats

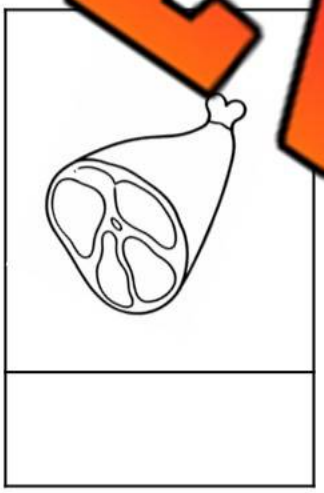
Directions Name each cured meat.



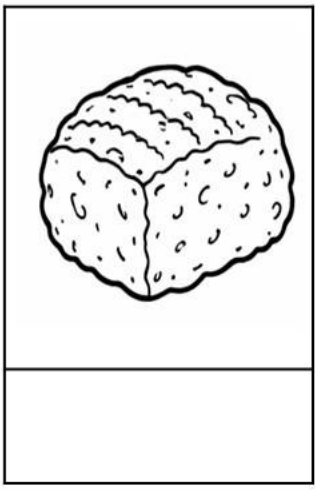


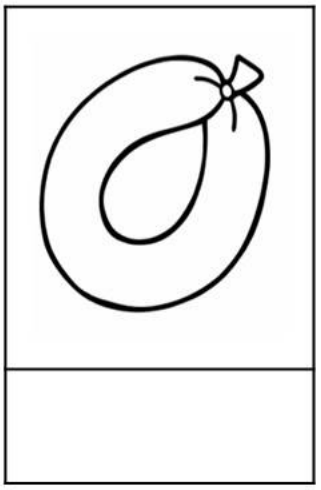


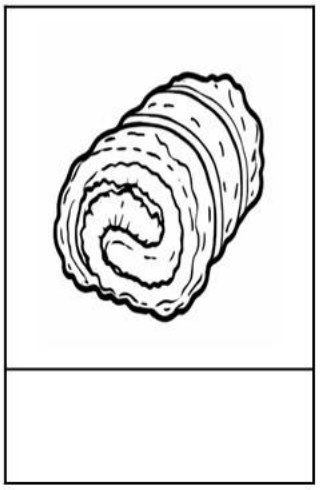












- Ham
- Kielbasa
- Salami
- Corned Beef
- Wieners
- Bacon
- ancetta
- ge
- Pastrami
- Prosciutto
- Brisket
- Meat loaf

PREVIEW

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Name: _____ 49

Curriculum Connection
D1.1

How Our Food Looks?

The Look Of Our Food



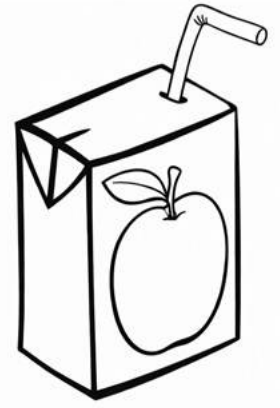
Think about a red apple. Apples are naturally beautiful, but sometimes they get little marks or bruises while they are growing ree. When these apples are picked, they mig to eat. What happens to these apples in food processing? Well, they mi int le juice or apple sauce!

The apples a ean d If they are becoming apple juice, the apple pieces are pressed th For apple sauce, they might be mashed up until they are smooth.

PREVIEW

Saving Food – Less Food Waste

The product is a delicious apple juice or apple sauce th ks ough the apples used to make it might have been a bit marked or br d use of the apples in this way saves food waste and is good for the environment because the water and soil used to grow the apple were not wasted.



This is an example of how food processing can make food look nicer. It also helps us to not waste food, because even though the apples were not perfect, they still made a tasty juice or sauce!

Name: _____ 50

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Sometimes our food is processed to make it look better.	True	False
2) Apple juice must be made with perfect apples.	True	False
3) There are many things you can make from bruised fruit.	True	False
4) We process food only to make it last longer.	True	False
5) Apple s[illegible]d apple pie can be made with bruised fruit.	True	False

Multi[illegible]

[illegible]e letter of the correct answer.

1) What can be [illegible] bruis[illegible]?	
A. Turn them into juic[illegible] s[illegible]	B. Throw them away
2) To make apple juice, app[illegible]	
A. Dried	[illegible]
3) To make apple sauce, apples are:	
A. Frozen	[illegible]ed
4) Why is food processing helpful?	
A. It saves food from being wasted	B. It makes [illegible]oil [illegible]
5) Food waste means food that is:	
A. Thrown away	B. Cleaned and used

PREVIEW

Question

Answer the questions below using evidence from the text.

What other produce besides apples can be made into juice or other things if it does not look perfect? Give 2 examples and what they can be made into.

_____

_____

_____

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Curriculum Connection
D1.1

Activity – My Apple Rescue Recipe

Objective What are we learning about?

To think of a simple way to use a bruised apple so it is not wasted.



Materials What will you need for the activity?

- "[illegible]ple Re[illegible]ksheet
- Pencil
- Crayons or co[illegible]d pe[illegible]

Instructions How will yo[illegible]plet[illegible]e[illegible]y?

1) Look at the picture of the bruised apple [illegible]r wo[illegible]
2) Think about how the apple can still be used [illegible]s [illegible]being [illegible]n away.
3) Choose a simple recipe you can make at home (wit[illegible]lt h[illegible]
   - Apple juice
   - Applesauce
   - Cooked apples
   - Apple slices with cinnamon
4) Write your recipe using short, clear steps (1–4 steps is enough).
5) Use words like wash, cut, mash, cook, or blend.
6) Colour the apple picture at the bottom of the page.
7) Be ready to share your recipe with the class.

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Curriculum Connection
D1.1

My Apple Recipe

PREVIEW



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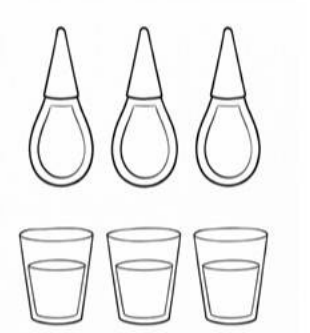
Name: _____ 54

Curriculum Connection
D1.1

Food Additives - Cons

Food Additives – Why Adding Things to our Food Could be Bad

Adding things to our food might make them last longer or taste better, but there are side effects. Check out the cons below.



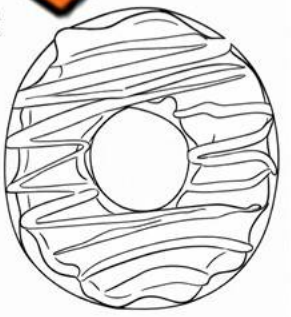
Cons of F itives:

- Al es: So are allergic to artificial colors and flavours.

- Health Concerns: Fo itives, l ial sweeteners and preservatives, may have negative health effects t a l hem.

- Misleading Information: Some food addi ay c pression of a healthier product, but they may not be healthy. F ple, duct labeled as "low-sugar" might be full of fake sugars, like sucralose

- Watch Out for Too Much Salt, Sugar, and Fat: When we eat a lot of salt, it can be harmful to our hearts and kidneys. Sugary treats might taste great, but they can cause cavities in our teeth and make our stomachs upset. Plus, eating too much sugar can give us a quick burst of energy, but then we'll feel tired later. Foods with lots of added fat can also be tough on our hearts.



PREVIEW

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Curriculum Connection
D1.1

Making Connections	What does this remind you of in your life? Have you had a cavity? Do you have a food allergy?

PREVIEW

True or False

1) Food colouring can cause an [illegible]	True	False
2) Labels are always clear about how [illegible]	True	False
3) You can get sick from eating too much suga[illegible]dy.	True	False
4) Eating lots of salt is bad for your heart and your k[illegible]	True	False
5) Kids do not need to think about whether their food has a[illegible]ves		False

Word Search

Find the word bank words in the puzzle

Allergies	Additives
Salt	Health
Preservative	Sugar
Unhealthy	Fat
Heart	Label

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

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Curriculum Connection
D1.1

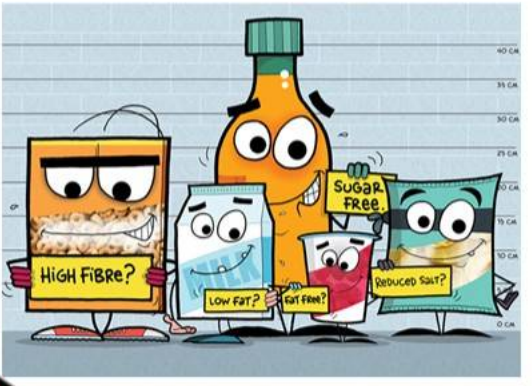
Activity – Additive Alert!

Objective What are we learning about?

To recognize foods that may have too much sugar, salt, fat, or additives and learn why eating too much of them can be unhealthy.

Materials What will you need for the activity?

- [illegible] or [illegible]heet with food pictures
- Two signs o[illegible]ele[illegible] "Eat Often" or "Eat Somet[illegible]
- Crayons or mark[illegible]s
- Optional: score chart o[illegible]s



Instructions How will you complete [illegible] activity?

1) The teacher shows or hands out a food card [illegible]oup.
2) Students look at the food and talk quietly with their [illegible]up.
3) Groups decide: Should this food be Eat Often or Eat Sometimes
4) One student places the food card under the chosen sign.
5) The teacher reveals the answer and gives a short explanation, such as: "This food has a lot of sugar." or "This food has added salt or fat."
6) If the group is correct, they earn 1 point.
7) Continue until all food cards are sorted.
8) Count the points at the end.

PREVIEW

Name: _____ 57

Curriculum Connection
D1.1

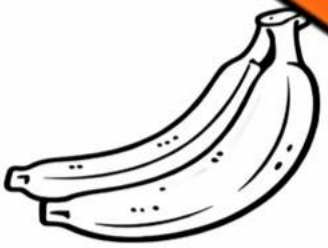
EAT OFTEN (Little or No Additives)







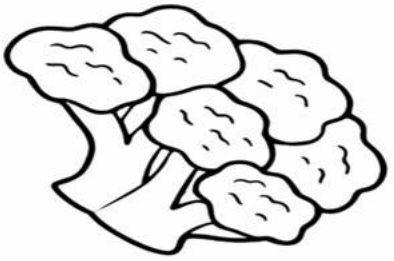














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Name: _____ 58

Curriculum Connection
D1.1

EAT SOMETIMES (More Additives, Sugar, Salt, or Fat)













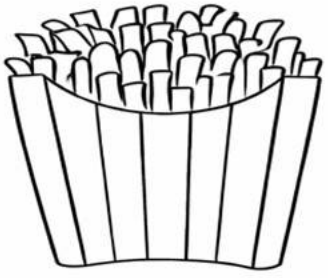



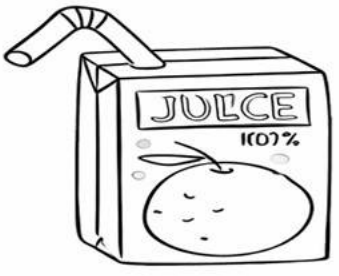

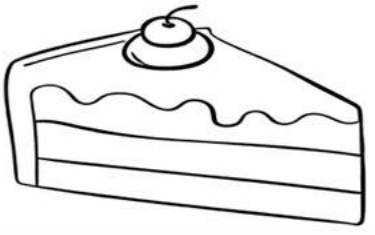

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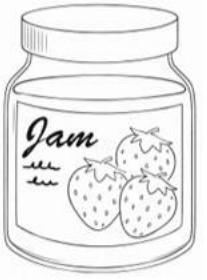
Curriculum Connection
D1.1

Highly Processed Foods

The Impact of Highly Processed Food on Our Health

When we say a food is highly processed, it means it has undergone many changes from its original form, like turning strawberries into jam. While highly processed foods like [illegible]hips, and candy can be enjoyable to eat occasionally, eating too many [illegible]n effect on our health.





Highly [illegible]ods [illegible] contain a lot of added sugar, salt, and unh[illegible]thy f[illegible] too much of these ingredients can af[illegible]bo[illegible] important to be mindful of our intak[illegible]y hea[illegible]

The process of making raw food into hig[illegible]proc[illegible] can sometimes reduce the vitamins, minerals, and fiber that the food[illegible]lly h[illegible]ese nutrients are essential for our bodies to grow, stay healthy, an[illegible]y we need. Highly processed foods can have nutrients added back in thro[illegible]fortification to improve their nutritional content.

A balanced diet with a variety of foods is a healthy choice, including fruits, vegetables, whole grains, and proteins like meat, fish, or beans. While it's okay to enjoy highly processed foods as a treat once in a while, it's best to prioritize healthier food options most of the time.

PREVIEW

Name: _____ 60

Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Some nutrients may be removed from food in processing.	True	False
2) Nutrients are never added into food during processing.	True	False
3) Highly processed foods go through many processing steps.	True	False
4) Highly processed foods are healthier foods.	True	False
5) Highly processed foods usually have very good flavour.	True	False

Making

hat are 3 healthy unprocessed foods? What are 3 highly ssed snacks that you enjoy?

Questions

Answer the questions below using e from ext.

1) What does it mean when foods are highly processed?

2) What are some of the things that get added to highly processed foods that make them less healthy?

PREVIEW

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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: _____

Does this show a healthy food choice?

1) Eating highly processed foods once in a while.	Yes	No
2) Eating chips instead of fruits and every day.	Yes	No
3) Choosing fruits instead of processed snacks.	Yes	No
4) Knowing processed foods are sugary and salty.	Yes	No
5) Eating many processed snacks in one sitting.	Yes	No

Name: _____

Does this show a healthy food choice?

1) Eating highly processed foods once in a while.	Yes	No
2) Eating chips instead of fruits and every day.	Yes	No
3) Choosing fruits instead of processed snacks.	Yes	No
4) Knowing processed foods are sugary and salty.	Yes	No
5) Eating many processed snacks in one sitting.	Yes	No

Name: _____

Does this show a healthy food choice?

1) Eating highly processed foods once in a while.	Yes	No
2) Eating chips instead of fruits and every day.	Yes	No
3) Choosing fruits instead of processed snacks.	Yes	No
4) Knowing processed foods are sugary and salty.	Yes	No
5) Eating many processed snacks in one sitting.	Yes	No

Name: _____

Does this show a healthy food choice?

1) Eating highly processed foods once in a while.	Yes	No
2) Eating chips instead of fruits and every day.	Yes	No
3) Choosing fruits instead of processed snacks.	Yes	No
4) Knowing processed foods are sugary and salty.	Yes	No
5) Eating many processed snacks in one sitting.	Yes	No

PREVIEW

Curriculum Connection
D1.1

Your Food Choices and the Environment

Your Food Choices and the Environment

The way we eat and throw away our food can impact the environment in several ways including:

- Wasti[illegible]od: When we throw away food, it goes to landfills. Landfills are big pla[illegible]ge is dumped. When food rots in landfills, it produces a gas call[illegible] metha[illegible]armful to the environment.
- Food Packag[illegible]od we[illegible] comes in plastic packaging, Plastic t[illegible]very lon[illegible]o break down and can end up in our ocea[illegible]ng[illegible]ne animals.



- Transportation: Most of our food travels lo[illegible]di[illegible]n[illegible]s to stores. Trucks, trains, ships, and planes burn a lot of fuel, [illegible]poll[illegible]
- Farming Methods: Some farms use chemicals called pestic[illegible]a[illegible]izers to help their crops grow. These chemicals can seep into the soil and water, harming plants, animals, and even people.
- Eating More Plants: Animal farming, like raising cows for meat, requires a lot of land, water, and food. It also produces a large amount of greenhouse gases. By eating more plant-based meals, we can reduce the impact on the environment and help conserve natural resources.

PREVIEW

Name: _____ 68

Curriculum Connection
D1.1

Questions

Answer the questions below using evidence from the text.

1) What is a food choice you can make that will help the environment?

2) Why is meat bad for the environment?

PREVIEW

True or False

Is the st tru ?

1. When food waste goes to the landfill t harm	True	False
2. Cutting down on the meat your family eats wi ake e.	True	False
3. Buying food in individual portions creates more g	True	False
4. Transporting food long distances causes air pollution.	Tru	False
5. Plastic grocery bags often end up in the ocean.		alse

Word Search

Find the word bank words in the puzzle

Waste	Landfill
Farming	Transportation
Organic	Plants
Plastic	Environment
Packaging	Choice

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

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Curriculum Connection
D1.1

Activity: Food Choices Role Play

Objective What are we learning about?

Students will practise making eco-friendly food choices and understand how everyday actions can help protect the environment.



Materials What will you need for the activity?

- Scenario card sheet
- Scissors
- Crayons or pencils
- Simple props (optional: reusable bag, pictures, reusable container)

PREVIEW

Instructions How will you complete the activity?

1. Cut out one scenario card.
2. Form a group of 3–4 students.
3. Read your scenario together.
4. Decide who will act as each role (for example: shopper, family member, friend).
5. Talk about the best food choice that helps the environment.
6. Act out the scenario in front of the class.
7. After the role play, explain why your food choice is better for the environment.

Name: _____ 72

Curriculum Connection
D1.1

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Buying Snacks at the Store	Choose between snacks with a lot of packaging and snacks with less packaging. Talk about how choosing less packaging helps reduce waste.
Packing a Sch[illegible]	[illegible]ack lunch using reusable containers. Decide which fo[illegible]less trash and how leftovers can be saved.
Shopping at a Farmer's Market	Choose fru[illegible]d vege[illegible]g[illegible]wn nearby. Talk about why buying local fo[illegible]lps th[illegible]nment and uses less packaging.
Eating Leftovers at Home	Decide whether to eat leftovers or throw t[illegible]away. Talk about how eating leftovers helps reduce food waste.
Choosing Fruits and Vegetables	Choose fruits and vegetables that are not perfect in shape. Talk about why "ugly" produce is still good to eat.

PREVIEW

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Curriculum Connection
D1.1

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Planning a Class Party	Plan a party using reusable plates and cups. Choose snacks that create less trash and can be shared easily.
Choosing a Plant-Based Meal	Choose a meal with more vegetables and less meat. Talk about how plant-based meals can help the planet.
Throwing Away Food at Home	Decide what foods should be eaten first before they spoil. Talk about how planning meals can reduce food waste.
Saving Food After Dinner	Decide what to do with extra food after dinner. Talk about storing leftovers properly so they can be eaten later instead of being thrown away.
Helping with Grocery Shopping at Home	Choose foods with less packaging and bring reusable bags. Talk about how these choices help protect the environment.

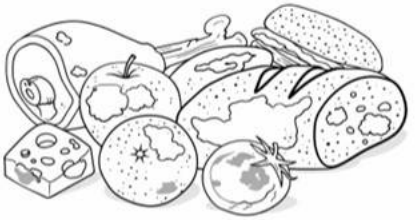
PREVIEW

Name: _____ 74

Curriculum Connection
D1.1

Ways to Reduce Food Waste

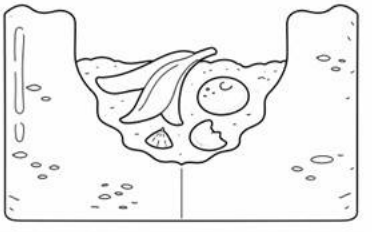
Reducing Food Waste: A Guide to Helping Our Planet



Food waste is when we throw away food that could have been eaten. It is a big problem because it harms our plane wastes the resources used to produce the foo simple ways you can reduce food waste:



- Plan Your Me going shopping, make a list of the food you need and buy w eat. This way, you avoid food going to waste.
- Store Food Properly: Keep fruit a the fridge in clear containers so you can see what you have and rememb eat efore they spoil.
- Use Leftovers: Leftovers are food you did n Instead of throwing them away, save them for another meal.
- Portion Control: Portion control means taking only the amo ou can eat. Start with a little bit and take more if you are still hungry.
- Donate Food: Sometimes we buy more food than we need. If you have extra food that you will not eat, consider donating it to people in need.
- Compost: Composting is recycling for food scraps. Instead of throwing them in the trash, you can turn them into nutrient-rich soil.



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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Our food choices have no effect on the environment.	True	False
2) You save food waste by serving yourself the amount of food you will eat.	True	False
3) Composting food waste is a good way to help the environment.	True	False
4) Storing fruit in clear containers in the fridge helps you remember to eat them and a[illegible]waste.	True	False
5) Having [illegible] helps you buy the right amount of food.	True	False

Making Connections

[illegible]ow [illegible]n you help at home to prevent food waste?

Questions

Answer the questions below using ev[illegible]ro[illegible]xt

1) What is your favourite leftover food? Which leftovers do you like the lea[illegible]

2) What are 3 things you do in your house to reduce food waste?

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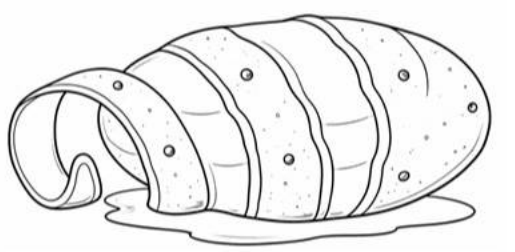
Curriculum Connection
D1.1

Healthy Food Preparation

Healthy Food Preparation

Did you know the way you make your food can change how healthy it is? Let's learn more about it!



Chopping eling

When w tables like carrots or potatoes, we s mes pee skin. But the skin and outer parts ha d s alled nutrients. So, try not to peel them too much!

Cooking Methods

The way we cook our food at ters me common cooking methods:

- Boiling: When we cook food in hot t's ca ling. But be careful! Some nutrients can go into the water. If we use this r in r sauces, we can keep those nutrients.
- Steaming: Steaming is when we cook food with hot s a way because it keeps most of the good stuff in our food.
- Grilling or Roasting: These methods give our food yummy flavors, b me nutrients might be lost due to high heat.
- Stir-frying: This is a quick way to cook with a little bit of oil. It helps to keep our food healthy.

Eating Raw

Sometimes, the healthiest way to eat our fruits and veggies is without cooking them at all - raw! Remember to wash them properly before eating.

PREVIEW

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Curriculum Connection
D1.1

True or False

Is the statement true or false?

1) Peeling vegetables removes some nutrients.	True	False
2) Cooking food always makes it healthier.	True	False
3) Boiling keeps all the nutrients in food.	True	False
4) Grilling can lose some nutrients.	True	False
5) Eating f[illegible] keeps all nutrients.	True	False

Directi[illegible]

Circl[illegible]lthier choice.

Washing vegetables	[illegible] fr[illegible] veg[illegible]	[illegible] a little [illegible]	Steaming fish	Cooking with clean tools
Stir-frying with a little oil	Frying fish	[illegible]ming vegetables	[illegible] lot of [illegible]	Eating unwashed vegetables

Questions

Answer the questions below using evid[illegible]om [illegible]t.

1) How does chopping and peeling affect the healthiness of food?

_____

_____

_____

2) What is the best way to eat vegetables? Explain why.

_____

_____

_____

PREVIEW

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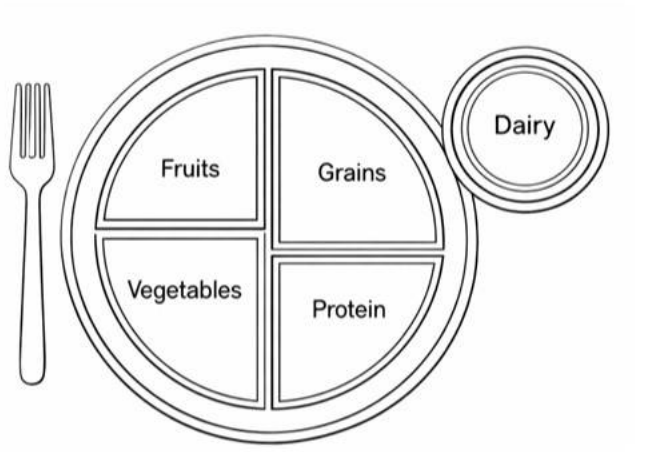
Curriculum Connection
D3.1

Food Guides in Other Countries

Food Guide in America: MyPlate

In America, the food guide is called "MyPlate". It uses a simple, visual image of a plate to show the five main food groups and how much of e[illegible]hould be eaten.

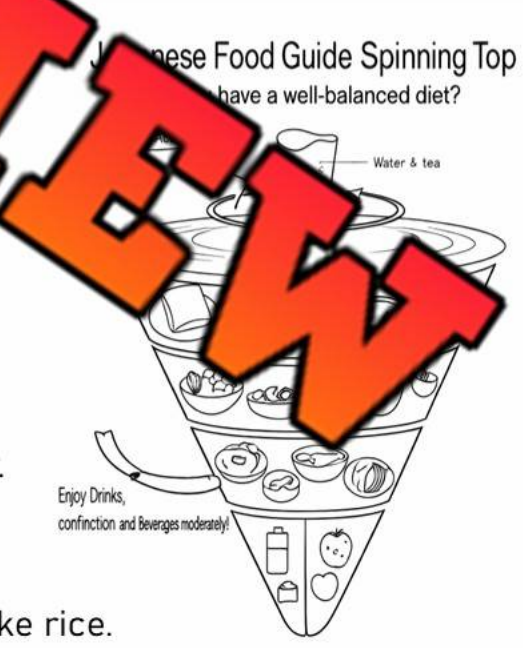


PREVIEW

- ☑ Fr[illegible]lf of the plate is fille[illegible]th frui[illegible]ies.
- ☑ Grains and P[illegible] The o[illegible] split between grains and proteins.
- ☑ Dairy: A circle beside[illegible]at repre[illegible]erving of dairy, like a glass of milk.

Food Guide in Japan: The Spinning Top

Japan's food guide, on the other hand, is shaped like a spinning top. A spinning top is a well-know[illegible] Japanese toy. It shows different food groups, but also shows the importance of exercise.



- ☑ Exercise: The handle of the top represents physical activity, reminding us to move every day. The handle is also made of water or tea.
- ☑ Grains: The largest part of the top is for grains, like rice.
- ☑ Vegetables: Salads, cooked vegetables, and soups
- ☑ Proteins: Fish, eggs, and meats
- ☑ Milk and Fruits: The smallest sections are for dairy products and fruits.

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Curriculum Connection
D3.1

Multiple Choice — Circle the best answer

1) In America, which group should you eat more of?	Fruits	Vegetables
2) In America, which group should you eat more of?	Grains	Protein
3) In America, do they suggest you have dairy?	Yes	No
4) In Japan, which is an important part of eating?	Exercise	Snacking
5) In Japan, they should drink water and...	Milk	Tea

Questions — Answer the questions below

1) Why do you think they put [illegible] their food guide?

2) According to both food guides, which types of [illegible] should [illegible] most of?

PREVIEW

Opinion — Who do you think has the best food guide? Why do you think that?

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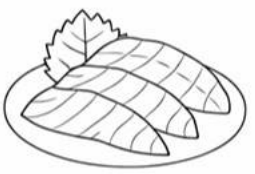
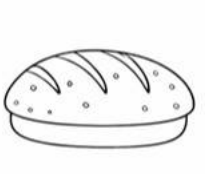
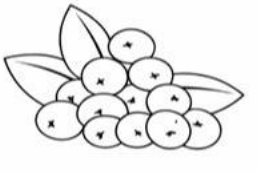
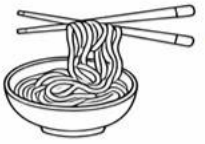
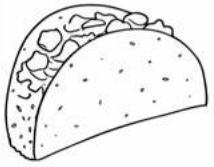
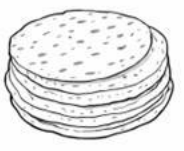
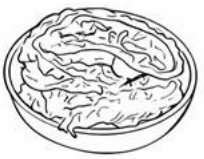
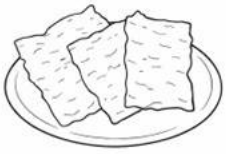
Curriculum Connection
D3.1

Activity – My World Meal Choices

Direction Colour the foods from other countries that you want to include in your meal.

Canada	Pancakes	Salmon	Bread	Blueberries
				
Italy	Pas	Pizza	Lasagna	Olives
				
Japan	Sushi	Nood	u	Dumplings
				
Mexico	Tacos	Beans	Tortilla	
				
South Korea	Kimchi	Bibimbap	Sweet potato	Seaweed
				

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Curriculum Connection
D3.1

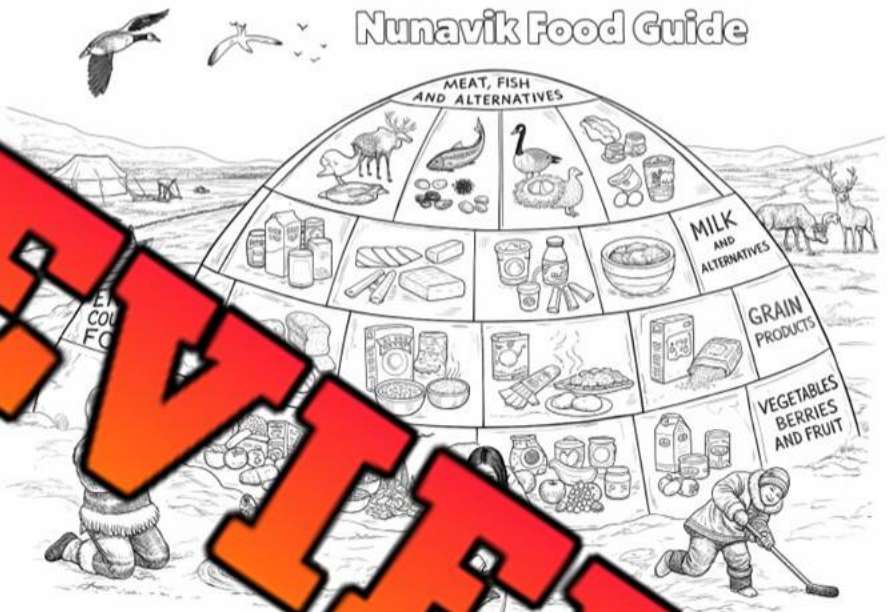
Nunavik Food Guide

Healthy Eating in Nunavik: Country and Store-Bought Foods

Nunavik is the northern part of Quebec, where many Inuit people live. In Nunavik, a healthy life involves eating two types of food: country food, which includes things like fish and caribou, and store-bought food, like cereal and milk.

Using the Food Guide

The Nunavik Food Guide is a tool that helps you choose the right foods and how much to eat. It's for everyone aged more than two years and includes both country food and store-bought food.



PREVIEW

What Are Country Foods?

Country foods are all the foods Inuit people get from nature. Examples include fish, seal, and berries. These foods are very healthy and provide our body with a lot of different nutrients it needs.

Eating From the Four Food Groups

We should eat foods from these four groups every day:

- Vegetables, Berries, and Fruit – cloudberries and crowberries: eat the most
- Grain Products – like bannock (Inuit bread): second most
- Milk and Alternatives – such as caribou milk: third most
- Meat, Fish, and Alternatives – like Arctic char and seal meat: eat the least

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Curriculum Connection
D3.1

Multiple Choice Circle the best answer

1) Nunavik is in the _____ part of Quebec.	Southern	Northern
2) Food that is not bought in stores is called	Country Food	Arctic Food
3) Country food is food that is...	Bought	Found
4) An example of country food is	Arctic Char	Cookies
5) Are berries an example of country food?	Yes	No

List ...t of foods that Nunavik people eat in each category

Vegetables, Berries, Fruit	
Grains	
Milk and Alternatives	
Meat, Fish, Alternatives	

PREVIEW

Look Closely What do you notice in the Nunavik Food Guide picture? Write or draw what you see. Example: Kids playing

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Curriculum Connection
D3.1

Fact or Fiction – Nunavik Food Guide

Objective

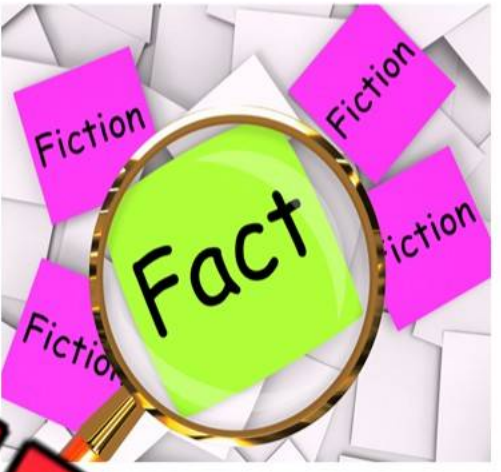
What are we learning about?

To identify the challenges of unprocessed foods by deciding whether statements are facts or fiction.

Materials

What will you need for the activity?

- A list of s[illegible]bout [illegible]rocessed foods (provided on [illegible]orksh
- Pencil
- Eraser



Instructions

How will you complete the activi

1. Your teacher will read statements. Pay close a[illegible]as ea[illegible]tement is shared.
2. Consider carefully whether you think the statement is true[illegible]a
3. If you decide the statement is true, walk to the 'Fact' side of the room.
4. If your guess is that it's not true, move to the 'Fiction' side of the room.
5. Stay on your chosen side and listen attentively for the correct answer to be revealed.
6. When the right answer is announced, return to your seat, ready for the next round.
7. Have fun getting up and moving!

PREVIEW

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Curriculum Connection
D3.1

Fact or Fiction Read the statements to the class.

#	Statement	Fact or Fiction
1	Country foods come from nature, not stores.	**Fact**
2	People in Nunavik only eat store-bought food.	**Fiction**
3	Fish and caribou are examples of country food.	**Fact**
4	The Nunavik Food Guide says water is a good drink choice.	**Fact**
5	Store-bought foods are always healthier than country foods.	**Fiction**
6	The Nunavik Food Guide helps people choose healthy foods.	**Fact**
7	Country foods that are uncooked should never be eaten.	**Fiction**
8	Berries are included in the Nunavik Food Guide.	**Fact**
9	People in Nunavik should never eat processed foods.	**Fiction**
10	Sharing food is an important value in Nunavik communities.	**Fact**
11	Only adults can use the Nunavik Food Guide.	**Fiction**
12	Milk and alternatives are one of the food groups.	**Fact**
13	Country food does not help keep people healthy.	**Fiction**
14	The Nunavik Food Guide includes both country and store-bought foods.	**Fact**
15	Vegetables and fruit should not be eaten in Nunavik.	**Fiction**
16	The food guide shows how much food to eat from each group.	**Fact**
17	People should avoid eating fish in Nunavik.	**Fiction**
18	The Nunavik Food Guide is made for people older than two years.	**Fact**
19	Eating different types of foods helps the body grow strong.	**Fact**
20	Country foods have no nutrients.	**Fiction**

PREVIEW

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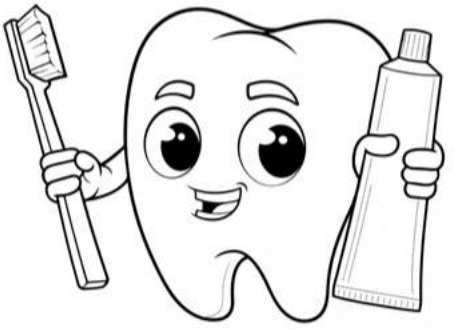
Curriculum Connection
D2.1

Good Oral Health

Taking Care of Our Teeth: Why Oral Health Matters!

Keeping our teeth and mouth healthy is not only important for a bright smile but also for our overall well-being. Let's explore why oral health is so important!

- Healt[illegible]th for Chewing: Our teeth help us ch[illegible]od.
- Beautiful [illegible]ealth[illegible] can make us feel confident a[illegible]
- Avoiding Toothaches: Taking care [illegible]ns we will not have painful toothaches. Toothaches can make it hard t[illegible] slee[illegible]ven think about our daily activities. Regular brushing, flossing, [illegible] will keep our teeth feeling their best.
- Protecting Our Gums: Healthy gums mean less chance of gum d[illegible]es, which can make our gums red, swollen, and bleed.
- Overall Health: Did you know that oral health can affect our overall health? Keeping our teeth and gums healthy can help prevent problems like infections and swelling in our mouth. Poor oral health has been linked to other health issues such as heart disease and diabetes.



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Curriculum Connection
D2.1

Questions

Answer the questions below using evidence from the text.

1) What is a toothache? How can you stop them from happening?

2) How do[illegible]r oral health affect other parts of our body, like our heart?

PREVIEW

True or False

Is the [illegible]t tru[illegible]?

1. You should go to the dentist if your [illegible]ache.	True	False
2. Healthy teeth help us chew our food.	True	False
3. Brushing and flossing your teeth helps prevent [illegible]	True	False
4. Having healthy teeth only affects your mouth.	[illegible]	False
5. A healthy smile makes us feel more confident.		False

Word Search

Find the word bank words in the puzzle

Cavity	Eating
Chew	Flossing
Smile	Brush
Gums	Oral
Teeth	Diabetes

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

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Curriculum Connection
D2.1

Activity – Design an Unhealthy Mouth

Objective What are we learning about?

To help students understand how poor dental care can affect the appearance of teeth and why good oral hygiene is important.

Materials What will you need for the activity?

- [illegible] mouth [illegible]th colouring worksheet
- Cray[illegible]ns or [illegible]ncils
- Pencil
- Eraser



Instructions How will you [illegible] th[illegible]p[illegible]t?

1) Look at the picture of the mouth and teeth.
2) Imagine what teeth might look like if they a[illegible]r[illegible]ca[illegible]e.
3) Use crayons or pencils to design an unhealthy mo[illegible].
4) Colour some teeth yellow or brown.
5) Draw black spots to show cavities.
6) Add food bits stuck between teeth.
7) Draw cracks or broken teeth.
8) Colour the gums red or sore-looking.
9) When you are finished, look at your drawing and think about what caused the teeth to look this way.

PREVIEW

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Curriculum Connection
D2.1

Unhealthy Mouth



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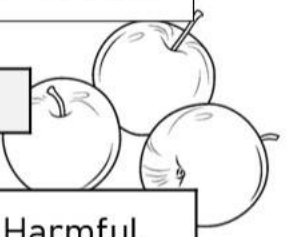
Curriculum Connection
D2.1

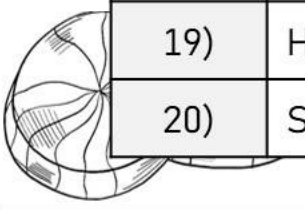
Strong Teeth – Harmful or Healthy Food



Think Circle whether the food is healthy or harmful for our teeth.

1)	Ice cream	Healthy	Harmful
2)	Nuts	Healthy	Harmful
3)	Milk	Healthy	Harmful
4)	Hard candies	Healthy	Harmful
5)	Oranges	Healthy	Harmful
6)	Cheese	Healthy	Harmful
7)	Lollipops	Healthy	Harmful
8)	Chips	Healthy	Harmful
9)	Sugar-free yogurt	Healthy	Harmful
10)	White bread	Healthy	Harmful
11)	Apples	Healthy	Harmful
12)	Soda	Healthy	Harmful
13)	Carrots	Healthy	Harmful
14)	Green leafy veggies	Healthy	Harmful
15)	Fruit juice	Healthy	Harmful
16)	Chocolate	Healthy	Harmful
17)	Chicken	Healthy	Harmful
18)	Strawberries	Healthy	Harmful
19)	Hard candies	Healthy	Harmful
20)	Sugary cereals	Healthy	Harmful

PREVIEW



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Curriculum Connection
D1.1, D3.1

What Is Farm To Table?

Farm to Table Eating

Farm to Table eating is when food comes straight from local farms to our plates.

Instead of traveling long distances, the food is grown nearby and reaches us faster.

PREVIEW



Ben[illegible]ent:

Farm to Tabl[illegible] eat[illegible]r environment because:

- Fewer Chemicals: L[illegible]s ofte[illegible]fewer chemicals, like pesticides a[illegible]d fer[illegible]ns less harm to soil, water, and little creatures.
- Less Pollution: If food does not travel long dist[illegible]ewer tr[illegible]nd planes are needed. This reduces pollution and makes the air [illegible] br[illegible]cal food also does not need a lot of packaging so there is less waste[illegible] to landfills.
- Protecting Nature: Local farms often take care of the land and wildlife around them. They use practices that protect and save habitats for birds, bees, butterflies, and other creatures.



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Curriculum Connection
D1.1, D3.1

True or False

Is the statement true or false?

1) Farm to Table is a board game.	True	False
2) Farm To Table eating is good for the environment.	True	False
3) Farm To Table eating supports local farmers.	True	False
4) Local farmers help protect the environment.	True	False
5) Local farmers usually use lots of chemicals that cause pollution.	True	False

Arrange

...le the letters to make the correct word.

...OD	...ANIMALS	EAT	FARM
MARKE...	L...	FRESH	PLANTS

COLAL		SANMALI	
MRAF		...MAKER	
OOFD		T...	
ASPLNT		...RF	

Questions

Answer the questions below using ...

1) What are 3 benefits to the environment of Farm To Table e...g?

_____

_____

_____

2) Have you had corn from a local farmer or strawberries or apples? How did they taste. Are there other fruits and vegetables that you grow yourself or buy at the farmer's market?

_____

_____

_____

PREVIEW

Name: _____ 104

Curriculum Connection
D1.1, D3.1

Activity – From Farm to Table: Sequencing the Journey

Objective

What are we learning about?

To help students understand the step-by-step journey of food from the farm to our table, including growing, transporting, processing, selling, and eating food.

Materials

What will you need for the activity?



- F… Sequencing worksheet
- Pen…
- Eraser
- Crayons or col… p…
- Scissors (optional, if …an…

Instructions

How will you comple… experi…

1) Look carefully at the pictures or sentenc… ds t… …journey of food from the farm to the table.
2) Read each stage slowly and think about what is hap… ng … …or sentence.
3) Decide which step happens first, next, and last in the food journ…
4) Arrange the five stages in the correct order by cutting and pasting them in sequence.
5) Beside each stage, write one short sentence explaining what is happening at that step.
6) Use crayons or coloured pencils to colour your work neatly once you are finished writing.
7) Check your work to make sure the steps are in the correct order and that each sentence matches the stage shown.

PREVIEW

Name: _____ 105

Curriculum Connection
D1.1, D3.1

Directions	Cut and paste to the next page.

Selling



Transporting



[illegible] the Farm



Harvesting or Collecting



Eating at the Table



PREVIEW

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Name: _____ 106

Curriculum Connection
D1.1, D3.1

Directions	Paste the farm to table pictures in correct sequence and write a brief sentence explaining what is happening in that step.

Stage 1

Stage 2

PREVIEW

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Name: _____ 107

Curriculum Connection
D1.1, D3.1

Stage 3

Stage 5

PREVIEW

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Name: _____ 113

Unit Test – Healthy Eating

Multiple Choice /10

1) Are pineapples grown in Ontario? a) Yes b) No	2) Is corn grown in Ontario all year? a) Yes b) No
3) Adding p[illegible]ervatives to food makes it... a) Taste be[illegible] b) Loo[illegible] c) Last lo[illegible]er d) Have more n[illegible]	4) Which is a food that is processed? a) Peanuts b) Peanut butter c) Bananas d) Coconuts
5) Which vitamin is ad[illegible] a) Vitamin C b) Calcium c) Vitamin K d) Vitamin D	6) Which food is unprocessed? a) [illegible]kies b) Str[illegible]ies c) Ch[illegible] d) [illegible]se
7) Pasta is often _____ to make it last longer. a) Dried b) Cured c) Frozen d) Pasteurized	8) Bacon [illegible] [illegible]t. a) Dried b) Cured c) Frozen d) Pasteurized
9) According to the Inuit, an example of a country food is... a) Crackers b) Yogurt c) Crowberries d) Bread	10) Which foods can harm our teeth? a) Candy b) Vegetables c) Fruits d) Breads

PREVIEW

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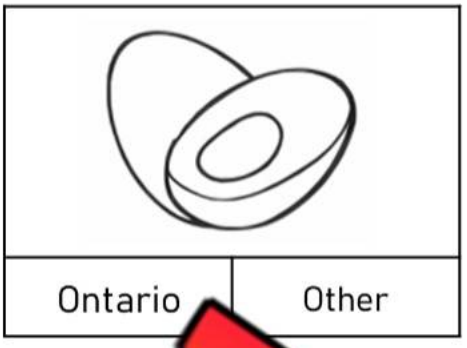
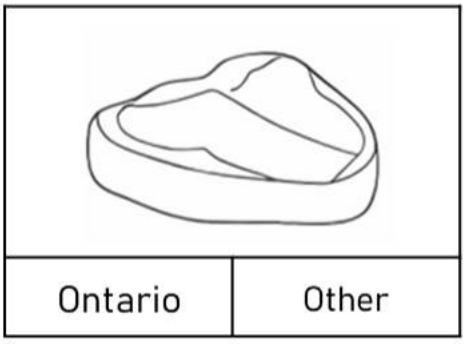
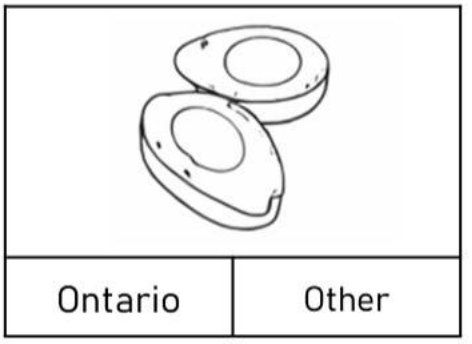
Directions Circle whether the food is grown or raised in Ontario



Ontario | Other



Ontario | Other



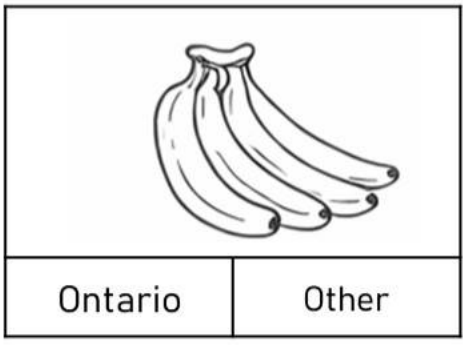
Ontario | Other



Ontario | Other



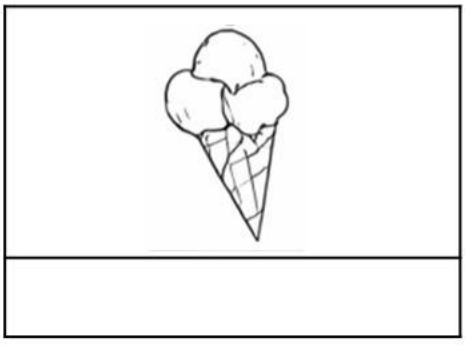
Ontario | Other

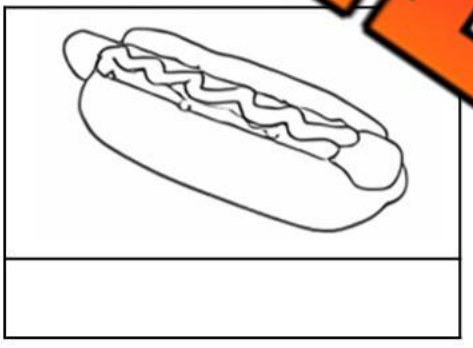


Ontario | Other

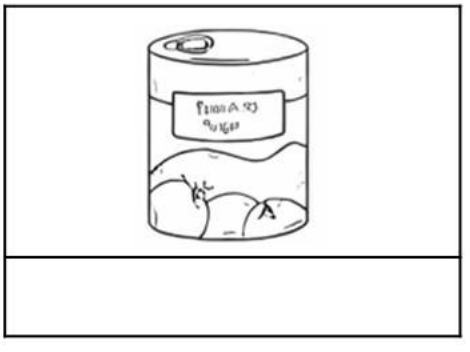
PREVIEW

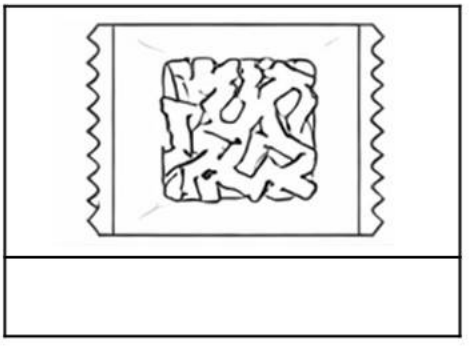
Directions In the box below the pict[illegible] write [illegible] food has been dried, cured, frozen, canned, fermente[illegible]asteu[illegible]

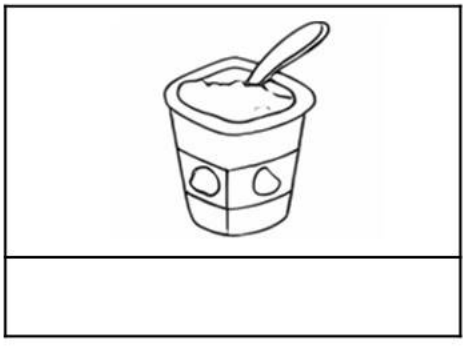












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Think Circle whether the food is healthy or harmful for our teeth.

1)	Ice cream	Healthy	Harmful
2)	Nuts	Healthy	Harmful
3)	Milk	Healthy	Harmful
4)	Sour candies	Healthy	Harmful
5)	Oranges	Healthy	Harmful
6)	Cheese	Healthy	Harmful
7)	ipops	Healthy	Harmful
		Healthy	Harmful
		Healthy	Harmful
10)	ad	Healthy	Harmful

PREVIEW

Short Answer Answe question – Each question is worth 3 marks.

1) Why do we need to bring food in fro ike or Mexico?

2) What is one of your favourite foods? Is it processed? If so, explain

3) Name a food from a different culture. Have you tried it? What does it taste like?

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