



# Preview - Information



Thank you for your interest in this product. Within this preview, you will see:

- ✓ A selection of Ready-To-Use Google Slides Lessons.
- ✓ A selection of worksheets included in the workbook.

When you make a purchase, you will receive a folder that contains the .pdf workbook file and a link to where you can make a copy of the Google Slides Lessons unit to your Google Drive.

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# Google Slides Lessons Preview





# Ontario Health Curriculum Healthy Eating Unit – Grade 1

## 3-Part Lesson Format

### Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!

**RAINBOW FOODS**

**LEARNING GOAL**

We are learning to identify rainbow foods and their colours so we can choose healthy fruits and vegetables and understand how each colour helps our bodies grow strong.

**RAINBOW FOODS**

**SORT THE FOODS**

Look at each food. Drag each picture into the box with the matching colour.

Red	Yellow/Orange	Green	Blue

### Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

### Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

**CONSOLIDATION**

**QUICK DRAW**





- What yellow foods did we learn about today? Can you name some yellow fruits or vegetables?
- Choose one yellow fruit or vegetable you learned about, like a banana or lemon. Draw it on your paper using a pencil.



# Ontario Health Curriculum Healthy Eating Unit – Grade 1

## FRUIT AND VEGGIE LABEL THE FOODS

Look at each food picture. Drag the word fruit or vegetable under each food image.

 POTATO	 CUCUMBER	 EGGPLANT	 CARROT	 BROCCOLI
 TOMATO	 LEMON	 LETTUCE	 CHERRIES	 CORN

**Fruit**  
**Vegetable**

## UNHEALTHY FOODS ODD ONE OUT

Look at the foods. Which food is the odd one out? Circle the food that is different.

-   
-   
-   
-   

Move the letter A or B into the correct box.

- Why do we eat breakfast?  
A) To get energy      B) To feel sleepy
- When do we eat breakfast?  
A) At night      B) In the morning
- What happens if you skip breakfast?  
A) You feel hungry      B) You feel full
- Which food is good for breakfast?  
A) Candy      B) Fruit
- What kind of foods are best for breakfast?  
A) Junk foods      B) Healthy foods
- What happens when your tummy is empty?  
A) Hard to think      B) Easy to focus



# Ontario Health Curriculum Healthy Eating Unit – Grade 1

## PROTEIN HELPS US GROW

### LABEL THE FOODS

Look at each food picture. Drag the word Protein or Not Protein under each food image.

 CHICKEN	 EGGS	 APPLE	 RICE	 CHEESE
 BREAD	 LETTUCE	 MEAT	 BEANS	 PEPPER

Protein  
Not Protein

## HEALTHY SNACKS

### SORT THE FOODS

Look at each food picture. Decide if the food is a healthy snack. Drag each food into the correct box.

Healthy Snacks	Unhealthy Snacks
          	

## THE BEST OF THE WORLD

### THE FOODS

Look at the food pictures. Drag the foods you like onto the plate. Make your favourite cultural meal.





# Workbook Preview



# Grade 1 – Health Unit

## Healthy Eating

	Curriculum Expectations	Pages
D1.1		1-41, 49-74, 86
D2.1	describe how Canada's Food Guide can help them develop healthy eating habits	16, 42-54, 57-58, 86-96
D2.2	know and recognize cues to hunger, thirst, and the feeling of fullness, and explain how they can use these cues to develop healthy eating habits	75-85

**Preview of 75 pages from  
this product that contains  
134 pages total.**

NAME: \_\_\_\_\_

# HEALTHY EATING

**PREVIEW**



## Rainbow Foods

### Why Eat Rainbow Foods?

Eating fruits and vegetables from every colour of the rainbow is good for our bodies. They help us grow strong, think well, and feel happy. Each colour has special nutrients.



### Colours of the Rainbow

- **Red:** Red fruits like apples and strawberries and vegetables like tomatoes help keep your heart healthy.
- **Orange:** Carrots and oranges keep your eyes healthy and your skin glow.
- **Yellow:** Yellow peppers and bananas keep your vision clear and help heal cuts.
- **Green:** Broccoli and green apples are great for your eyes.
- **Blue/Purple:** Blueberries and purple grapes are good for your brain.

### Fun with Rainbow Foods

Try to eat one food from each colour every day. It's like a fun game for your health! You can make a chart to track all the rainbow foods you eat. Remember, fruits and vegetables are nature's treats that keep us strong and smart!

Name: \_\_\_\_\_

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True or False

Is the statement true or false?

1) Red strawberries are good for your heart.	True	False
2) Carrots can make your skin glow.	True	False
3) Bananas help heal cuts.	True	False
4) Blueberries help your brain.	True	False
5) Broccoli is a green vegetable.	True	False

Draw

Draw the colours below.

Red Foods

Blue Foods


Purple Foods

Yellow Foods

Orange Foods

**PREVIEW**

## Exit Cards

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

Name: \_\_\_\_\_

Circle the correct answer.

1) Red fruits are good for your ____.	brain	heart
2) Orange foods help your ____.	eyes	bones
3) Yellow foods help you ____ faster.	run	heal
4) Blue and purple foods help your ____.	brain	heart

Name: \_\_\_\_\_

Circle the correct answer.

1) Red fruits are good for your ____.	brain	heart
2) Orange foods help your ____.	eyes	bones
3) Yellow foods help you ____ faster.	run	heal
4) Blue and purple foods help your ____.	brain	heart

Name: \_\_\_\_\_

Circle the correct answer.

1) Red fruits are good for your ____.	brain	heart
2) Orange foods help your ____.	eyes	bones
3) Yellow foods help you ____ faster.	run	heal
4) Blue and purple foods help your ____.	brain	heart

Name: \_\_\_\_\_

Circle the correct answer.

1) Red fruits are good for your ____.	brain	heart
2) Orange foods help your ____.	eyes	bones
3) Yellow foods help you ____ faster.	run	heal
4) Blue and purple foods help your ____.	brain	heart

Name: \_\_\_\_\_

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## Chart

Learn about what different colourful foods do for our body

1. Apple	Crunchy and sweet, great for energy.
2. Banana	Soft and filling, boosts morning energy.
3. Orange	Juicy and tangy, full of vitamin C.
4. Strawberry	Red and sweet, good for the heart.
5. Blueberry	Small and flavourful, great for the brain.
6. Grape	Fun to eat, good for overall health.
7. Pear	Crisp and juicy, great for digestion.
8. Peach	Sweet and fuzzy, full of vitamins.
9. Pineapple	Tropical and juicy, boosts immunity.
10. Watermelon	Juicy and refreshing, hydrates the body.
11. Cherry	Small and sweet, packed with antioxidants.
12. Kiwi	Tangy and nutritious, good for skin health.
13. Plum	Juicy and sweet, helps with hydration.
14. Mango	Sweet and tropical, high in vitamins.
15. Carrot	Crunchy and nutritious, good for eyesight.
16. Cucumber	Refreshing and hydrating, good for hydration.
17. Tomato	Juicy and versatile, great for skin health.
18. Bell Pepper	Crunchy and colourful, packed with vitamins.
19. Spinach	Leafy and healthy, good for muscles.
20. Broccoli	Green and nutritious, great for overall health.

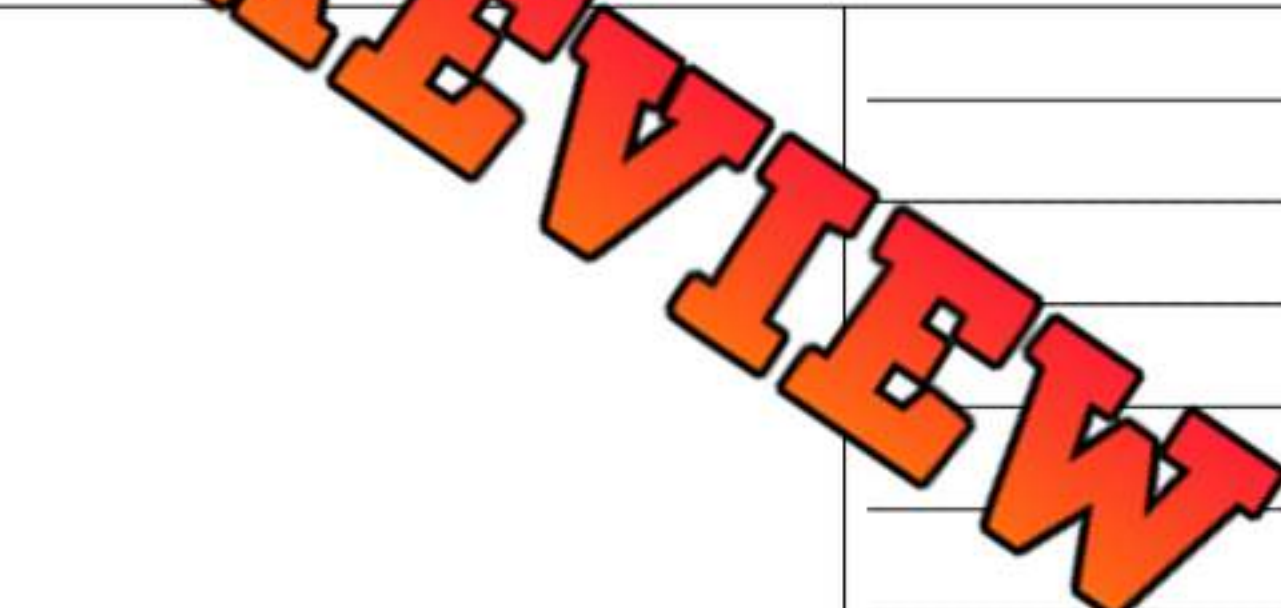
## Fill in the Blanks

Write the missing word.

1)	Strawberries are red and help your _____.	Heart	Feet
2)	_____ make your skin glow.	Oranges	Cookies
3)	Yellow peppers keep your _____ healthy.	Hair	Skin
4)	Broccoli is _____ in colour.	Blue	Green
5)	Fruit and vegetables are nature's _____.	Treats	Chores

## Visualizing

Picture what you are picturing while you were reading. Explain the picture.

	_____
	_____
	_____
	_____
	_____

## Question

What is your favourite rainbow fruit and vegetable?

_____
_____
_____

# Eating Right with Canada's Food Guides

**Think**

Circle if the food is a fruit or a vegetable.



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



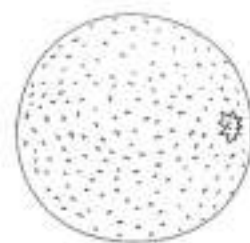
Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable



Fruit    Vegetable

## Activity – Fruit and Veggie Show and Tell

### Objective

What are we learning about?

To help students learn about different fruits and vegetables and understand the variety in Canada's Food Guide by sharing their favourites with the class.

### Materials

What you will need for the activity.

- One fruit or vegetable brought by each student
- A small table or area to display the fruits and veggies
- Paper and crayons for drawing
- A chart of Canada's Food Guide (optional for reference)



### Instructions

How you will complete the activity.

1. Ask each student to bring their favourite fruit or vegetable to class.
2. Set up a small table or area where students can display their fruits and veggies.
3. Each student takes a turn to come up and talk about their fruit or vegetable, sharing why they like it.
4. Encourage them to describe how it tastes, looks, and feels.
5. Discuss where it might fit in Canada's Food Guide.
6. After everyone has shared, allow the students to draw a picture of their fruit or vegetable.
7. Display these drawings alongside the actual items.

Name: \_\_\_\_\_

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Curriculum Connection  
01.1


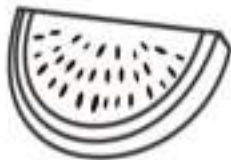











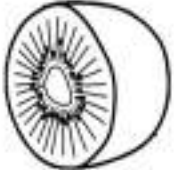


Draw

Draw a picture of your fruit or vegetable

**PREVIEW**

## Fruit Matching

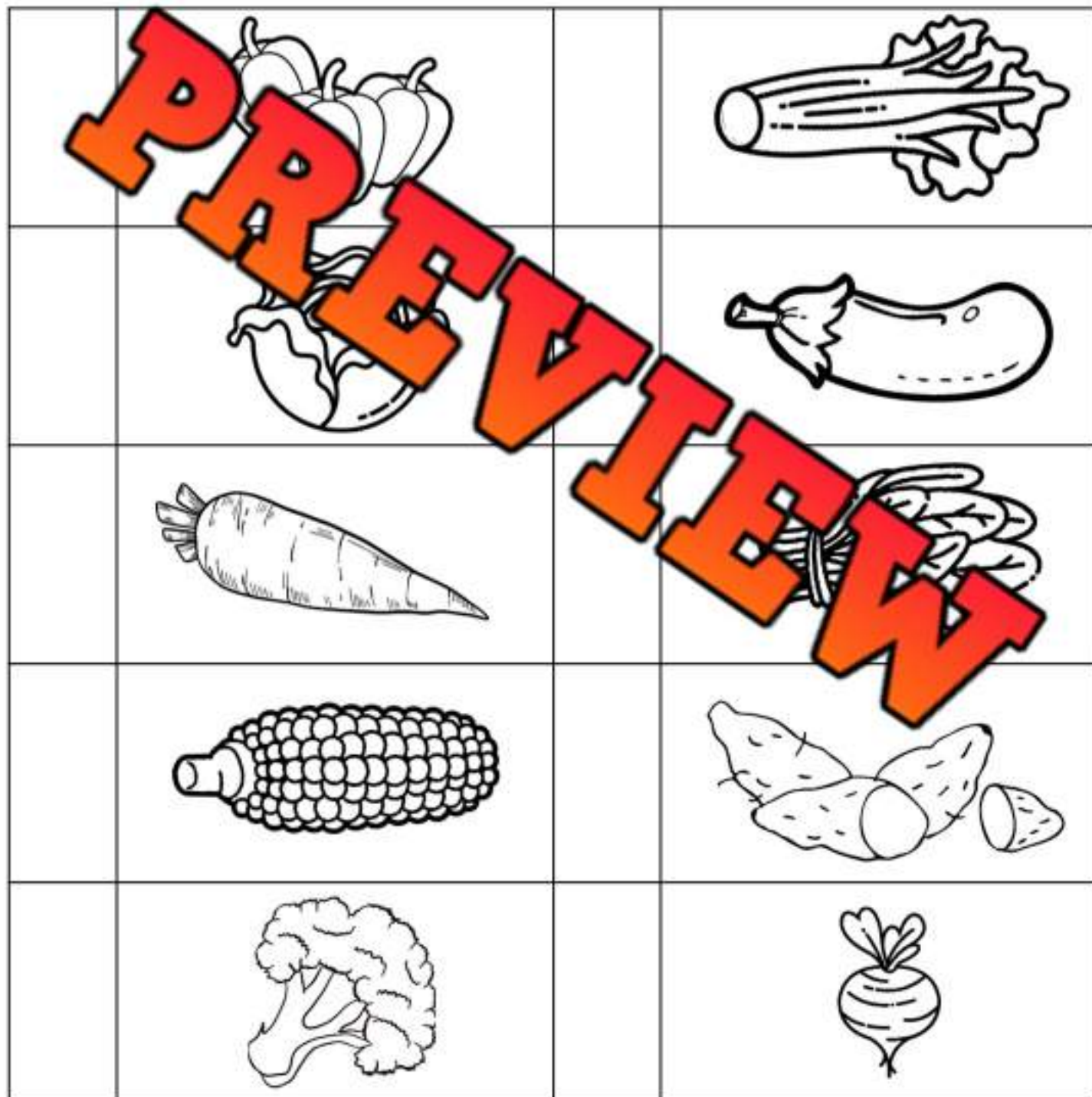
Match each fruit name to its whole fruit to its correct slice!

1	Strawberry		
2	Apple		
3	Watermelon		
4	Lemon		
5	Orange		
6	Passion Fruit		
7	Banana		
8	Kiwi		

Name these Veggies

Choose the name of the vegetables below.

a) Eggplant	b) Carrot	c) Sweet Potato	d) Broccoli	e) Bell Pepper
f) Corn	g) Celery	h) Cabbage	i) Spinach	j) Beet



# Exploring Healthy Choices with Canada's Food Guide

Think

Is the food item healthy or unhealthy?

**PREVIEW**



Healthy    Unhealthy



Healthy    Unhealthy



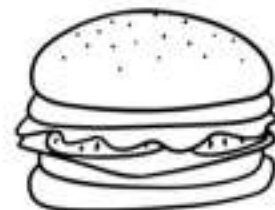
Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy



Healthy    Unhealthy

## Scenarios

Circle if it is healthy or unhealthy

#	Scenario Description	Healthy	Unhealthy
1	Eating an apple for snack.	Healthy	Unhealthy
2	Drinking lots of soda.	Healthy	Unhealthy
3	Having oatmeal for breakfast.	Healthy	Unhealthy
4	Munching on candy bars.	Healthy	Unhealthy
5	Eating on sticks.	Healthy	Unhealthy
6	Eating fast food burgers.	Healthy	Unhealthy
7	Enjoying a fresh orange.	Healthy	Unhealthy
8	Drinking chocolate milk.	Healthy	Unhealthy
9	Choosing whole wheat bread.	Healthy	Unhealthy
10	Lots of fried potato chips.	Healthy	Unhealthy
11	Eating grilled chicken.	Healthy	Unhealthy
12	Too much ice cream.	Healthy	Unhealthy
13	Sipping on a fruit smoothie.	Healthy	Unhealthy
14	Constantly eating cookies.	Healthy	Unhealthy
15	Having a yogurt with berries.	Healthy	Unhealthy
16	Consuming many sugary donuts.	Healthy	Unhealthy
17	Munching on almonds.	Healthy	Unhealthy
18	Gobbling up lots of pizza.	Healthy	Unhealthy
19	Enjoying a bowl of salad.	Healthy	Unhealthy
20	Regularly eating chocolate bars.	Healthy	Unhealthy

**Activity – Storytelling Circle - The Adventures of Healthy Eating****Objective**

What are we learning about?

To engage students in a storytelling session that emphasizes the importance of healthy eating and the role of food in maintaining health and well-being.

**Materials**

What you will need for the activity.

- A book or story in an arrangement in a circle (e.g., cushions or chairs)
- A book or story about characters making healthy food choices
- Props related to the story (optional, like toy fruits and vegetables)
- Drawing sheets and crayons for each student
- A healthy snack (each child gets a piece of fruit)

**Instructions**

How you will complete the activity.

1. Arrange the seating in a circle and gather all the students.
2. Introduce the story to the students, highlighting its connection to healthy eating.
3. Read the story aloud, using expressive voices and gestures to engage the students.
4. If using props, show them during relevant parts of the story.
5. After the story, discuss with the students the healthy choices made by the characters.
6. Hand out drawing sheets and crayons to the students.
7. Ask the students to draw their favourite part of the story or a scene where a character makes a healthy food choice.
8. Share the healthy snacks with the students as they draw.
9. Once everyone is done, allow students who wish to share their drawings and thoughts about the story to present them.

Name: \_\_\_\_\_

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Story

Read the story below to the students

## "Benny the Bunny's Big Salad"

In a bright green meadow under the sunny sky, Benny the Bunny hopped around, looking for something yummy to eat. He loved munching on crunchy carrots and fresh lettuce, but today he wanted to find something special.

Benny hopped past the candy creek, where the water flowed with chocolate syrup and the trees lined with lollipop trees. His friends, the Squirrel Sisters, were there with their nut bags. "Come join us, Benny!" they squeaked.

Benny's nose twitched. The candy smelled sweet, and the chocolate shone under the sun, but he remembered his mommy had said about eating too many sweets. "No, thank you," he said, "I'm going to make a big, healthy salad!"

Benny hopped to the vegetable patch where all kinds of vegetables grew. He saw ripe red tomatoes, bright bell peppers, and purple onions. "These will make the perfect salad!" he thought.

With a skip and a hop, Benny gathered the vegetables. He picked some crispy cucumbers and some spinach leaves too. Then he found a few raspberries to add a sweet touch without the candy's sugar.

Benny washed the vegetables in the clear stream and tossed them together to make a big, colourful salad. "This is the best lunch ever!" he exclaimed with a happy hop.

When the Squirrel Sisters saw Benny's big salad, they wanted to try some too. They crunched and munched and soon agreed that Benny's salad was delicious and made them feel good and full of energy.

From that day on, the meadow friends would often make healthy choices, just like Benny the Bunny. And sometimes, for a special treat, they'd have a little piece of candy, but only after finishing their vegetables!

And they all lived happily and healthily in the sunny meadow.

Name: \_\_\_\_\_

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Curriculum Connection  
01.1

Draw

Draw your favourite part of the story

**PREVIEW**



## Scenarios

Act out the scenario below and make a healthy choice

Grocery Shopping: You're helping your guardian at the grocery store. You can choose one snack: sliced apples or a packet of gummy bears. What do you choose?

After-School Snack: You come home hungry from school. There are two snacks on the table: a bowl of popcorn and a bag of potato chips. Which one do you pick?

Healthy Dessert: It's dessert time, and you have two options: a fruit salad or a slice of chocolate cake. Which dessert do you choose, and why?

Sports Day: You're at a sports event and it's time for a snack. Do you choose a sports drink or a bottle of water?

Movie Night: For movie night, you can choose between a box of raisins or a pack of candy to snack on. What's your choice, and how do you explain it to your friend?

Breakfast Option: In the morning, you have two options: a donut or a bowl of whole-grain cereal. Which one do you choose for breakfast?

School Lunch: For lunch, there's a choice between a cheese pizza and a chicken salad. What do you decide to eat, and what do you think about your choice?

Weekend Treat: Your family is choosing a weekend treat. The options are ice cream or homemade smoothies. Which treat do you vote for?

Friend's Snack Bar: At your friend's house, there's a snack bar with fruit slices and chocolate bars. Which snack do you choose, and how do you enjoy it?

Vegetable Challenge: You're presented with two vegetable dishes: steamed broccoli with cheese or fried potato fries. Which dish do you choose for dinner?

## Why Breakfast is Important

### Energy Booster

Eating breakfast gives you energy. It is like fuel for your body. When you eat in the morning, you can play, think, and learn better.

If you fast, you stop eating.

**Breakfast** means you are breaking your fast. This means you are eating again. It is important to eat healthy foods to start your day right!



### Healthy Foods to Eat

- Oats: They are warm and give you strong energy.
- Eggs: Good for your brain and muscles.
- Fruits: Like apples and bananas for quick energy.
- Milk or yogurt: For strong bones and teeth.

### Helps You Focus

Breakfast helps you pay attention in class. It is hard to think on an empty stomach. When you eat a good breakfast, you can remember things better and learn new stuff easily.

Name: \_\_\_\_\_

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## True or False

Is the statement true or false?

1) Breakfast gives us energy.	True	False
2) Oats can make you strong.	True	False
3) Eggs are for building muscles.	True	False
4) Fruits help us run faster.	True	False
5) Milk is good for babies.	True	False

## Draw

What did you eat for breakfast today

## Word Search

Find the words in the words

Eggs	Oats
Milk	Toast
Juice	Apple
Waffles	Banana
Yogurt	Pear

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

## Exit Cards

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

Name: \_\_\_\_\_

Is the statement true or false?

1) Oats help your muscles and brain.	T	F
2) Fruits are good for quick energy.	T	F
3) Milk makes strong bones.	T	F
4) It is easier to think on an empty stomach.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) Oats help your muscles and brain.	T	F
2) Fruits are good for quick energy.	T	F
3) Milk makes strong bones.	T	F
4) It is easier to think on an empty stomach.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) Oats help your muscles and brain.	T	F
2) Fruits are good for quick energy.	T	F
3) Milk makes strong bones.	T	F
4) It is easier to think on an empty stomach.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) Oats help your muscles and brain.	T	F
2) Fruits are good for quick energy.	T	F
3) Milk makes strong bones.	T	F
4) It is easier to think on an empty stomach.	T	F

## Dairy Foods and Strong Bones

### What Makes Bones Strong

Your bones need to be strong so you can play and run. Dairy foods help make your bones and teeth strong. They have calcium, which is like a superhero for bones!

### Dairy Foods

- Milk: Drink it and on...
- Cheese: There are many kinds like cheddar and mozzarella.
- Yogurt: It is soft and can have fruit.



### Other Foods for Bones

Some kids cannot have dairy, but there are other foods for bones.

- Almond milk: Made from almonds.
- Orange juice with calcium: Tastes like oranges.
- Broccoli: A green vegetable good for your bones.

Eating these foods helps keep your bones and teeth strong and healthy. Remember, strong bones mean more fun playing and running!


## Fill in the Blanks

Write the missing word.

1)	Milk and _____ help your bones.	Cheese	Candy
2)	Yogurt can be eaten with _____.	Fruit	Chips
3)	_____ milk is made from nuts.	Almond	Cow
4)	Cheese is a type of _____ food.	Meat	Dairy
5)	Strawberries need lots of _____.	Sugar	Calcium

## Draw

Draw a picture of your favourite dairy food. Explain the picture.

	_____
	_____
	_____
	_____
	_____

## Question

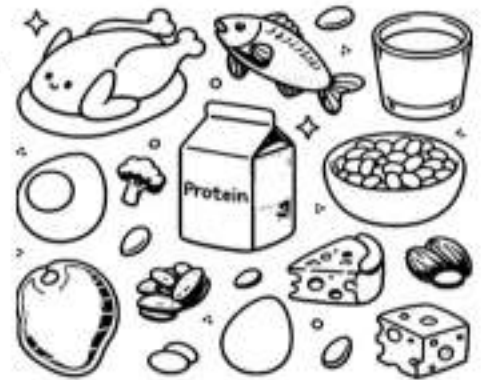
Name a food that makes your bones strong.

_____
_____
_____

## Protein Helps Us Grow

### Why Protein is Important

Protein is like building blocks for our bodies. It helps us grow strong muscles and repair our bodies when we get little hurts. Eating protein helps us be strong and healthy!



### Kinds of Protein Foods

- Meat: Chicken, beef, and fish are good protein.
- Eggs: They are small but full of protein.
- Beans: These come in many kinds like kidney beans and chickpeas.
- Nuts: Almonds and peanuts are tasty protein snacks.
- Dairy: Milk, cheese, and yogurt have protein too.

### Protein in Fun Foods

Sometimes, we can find protein in fun foods like peanut butter, which is great on bread. Even some cereals have protein.

Remember, eating different kinds of protein is good for us. It helps our muscles grow and keeps our bodies strong. Try to eat a little protein every day!

**True or False**

Is the statement true or false?

1) Protein helps us grow.	True	False
2) Eggs are full of protein.	True	False
3) Apples are a protein food.	True	False
4) Cheese is a protein food.	True	False
5) Beans are a protein food.	True	False

Fill in the Blanks Write the missing word.

1) Protein helps our bodies _____.	Shrink	Grow
2) Eggs are a good source of _____.	Sugar	Protein
3) _____ are not a protein food.	Fats	Beans
4) Milk gives us protein and makes us _____.	Strong	Weak
5) Cheese is made from _____.	Milk	

**Draw**

Draw three foods high in protein.

## Whole Grains Give Energy

### What Are Whole Grains?

Whole grains are special foods that give us energy to play and learn. They are parts of plants that are good for our bodies. Eating whole grains makes our brains work better too!



### Types of Whole Grains

- Brown Rice: It is white rice but healthier.
- Oats: Great for breakfast as well as a snack.
- Whole Wheat: Used in bread and pasta.
- Corn: Yellow and can be popped or popped.
- Barley: A grain that is good in soups.

### Why They Are Good for Us

Whole grains are like slow energy batteries. They keep us full and active for a long time. They help us think clearly and learn things at school.

Remember, choosing whole grains for meals and snacks is a smart way to stay energized and smart!

## True or False

Is the statement true or false?

1) Brown rice gives you energy.	True	False
2) Oats are not whole grains.	True	False
3) Whole grains make you sleepy.	True	False
4) Corn can be popped for popcorn.	True	False
5) Whole grains help you think.	True	False

Fill in the Blank Write the missing word.

1) Brown rice is a type of _____ grain.	Whole	Candy
2) Oats are eaten for _____.	Breakfast	Dinner
3) Whole wheat is used in _____ and _____.	Ice creams	
4) Barley is often found in _____.	Cookies	
5) Whole grains help our _____ work better.		

## Draw

Draw three foods that use whole grains.

**Draw**

Draw a food made from the given grains. **Example:** Corn to Popcorn

Wheat	Oats
Rice	

**PREVIEW**

## Activity – Healthy Foods Pictionary

### Objective

What are we learning about?

To help students identify and understand the importance of healthy foods through a fun drawing and guessing game.

### Materials

What you will need for the activity.

- A board or large paper
- Whiteboard or large paper
- Pictures of healthy foods (optional for reference)
- A bell or buzzer (optional for signaling)



### Instructions

How you will complete the activity.

1. Divide the class into two teams.
2. The teacher will select a picture of a healthy food item for the game.
3. Draw the healthy food item on the whiteboard or large paper, revealing what it is.
4. Students take turns guessing what the food is. If using a bell or buzzer, they can ring it to make a guess.
5. The first student to guess correctly earns a point for their team.
6. Alternate turns between the teams.
7. Continue the game, drawing different healthy food items.
8. Keep score and celebrate both teams for their participation and learning.

Pictionary Topics

Cut out the topics below

Pictionary Cards: Healthy Foods

Apple

Banana

Carrot

Broccoli

Strawberry

Yogurt

Cheese

Tomato

Grapes

Spinach

Egg

Oats

Almonds

Milk

Peas

Watermelon

Cucumber

Bread

Chicken

**PREVIEW**

Reflection

Answer the questions below

1) What was your favourite healthy food?

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2) Can you list the benefits of eating healthy foods?

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3) How does eating healthy foods help your body?

---

---

---

---

---

4) Can you draw your favourite healthy meal.



**PREVIEW**

## Healthy Snacks Keep Us Happy

### What is a Healthy Snack?

Healthy snacks are foods that are good for our body and brain. They give us energy and make us feel happy. Snacks are smaller than a big meal, but they are just as important.



### Good Choices for Snacks

- Fruits: Like apples, grapes, and bananas.
- Vegetables: Carrot sticks or cucumber slices are crunchy and fun.
- Nuts: Almonds or peanuts (if you are not allergic).
- Yogurt: It is creamy and can have fruit mixed in.
- Cheese: Small pieces are tasty and good for you.

### Why Snacks are Important

Snacks help us not feel too hungry before meals. They keep our energy up for playing and learning. Eating healthy snacks makes our brain work better, so we can think and remember things.

Remember, choosing good snacks helps us stay healthy and smart.  
Let's pick healthy snacks every day!

True or False

Is the statement true or false?

1. Apples are a healthy snack.	True	False
2. Chips are a healthy snack.	True	False
3. Carrots give you energy.	True	False
4. Yogurt can have fruit in it.	True	False
5. Nuts help your brain.	True	False

Draw four healthy snacks you like to eat


**PREVIEW**

## Exit Cards

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

Name: \_\_\_\_\_

Is the food healthy (H) or unhealthy (UH)?

1) French Fries	H	UH
2) Rice	H	UH
3) Ice Cream	H	UH
4) Apples	H	UH
5) Ginger Ale	H	UH
6) Donuts	H	UH

Name: \_\_\_\_\_

Is the food healthy (H) or unhealthy (UH)?

1) French Fries	H	UH
2) Rice	H	UH
3) Ice Cream	H	UH
4) Apples	H	UH
5) Ginger Ale	H	UH
6) Donuts	H	UH

Name: \_\_\_\_\_

Is the food healthy (H) or unhealthy (UH)?

1) French Fries	H	UH
2) Rice	H	UH
3) Ice Cream	H	UH
4) Apples	H	UH
5) Ginger Ale	H	UH
6) Donuts	H	UH

Name: \_\_\_\_\_

Is the food healthy (H) or unhealthy (UH)?

1) French Fries	H	UH
2) Rice	H	UH
3) Ice Cream	H	UH
4) Apples	H	UH
5) Ginger Ale	H	UH
6) Donuts	H	UH

Name: \_\_\_\_\_

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**Scenarios**

Circle the correct answer: Is this a healthy food choice or not?

	Scenario	Healthy Choice	Unhealthy Choice
1.	Choosing an apple over a cookie for a snack.	Healthy	Unhealthy
2.	Eating candy for breakfast.	Healthy	Unhealthy
3.	Having a sandwich with whole grain bread for lunch.	Healthy	Unhealthy
4.	Drinking juice instead of water.	Healthy	Unhealthy
5.	Drinking coffee for a school snack.	Healthy	Unhealthy
6.	Choosing french fries over potato chips.	Healthy	Unhealthy
7.	Eating a salad with vegetables.	Healthy	Unhealthy
8.	Skipping breakfast in the morning.	Healthy	Unhealthy
9.	Snacking on yogurt with fruit.	Healthy	Unhealthy
10.	Having a milkshake every day after school.	Healthy	Unhealthy
11.	Drinking a glass of milk with dinner.	Healthy	Unhealthy
12.	Eating a big bowl of ice cream before bed.	Healthy	Unhealthy
13.	Choosing grilled chicken over fried chicken.	Healthy	Unhealthy
14.	Having a large candy bar for a snack.	Healthy	Unhealthy
15.	Eating a fruit salad for dessert.	Healthy	Unhealthy
16.	Constantly snacking on cookies.	Healthy	Unhealthy
17.	Making a smoothie with fruits and vegetables.	Healthy	Unhealthy
18.	Only eating fast food for meals.	Healthy	Unhealthy
19.	Eating a whole grain cereal for breakfast.	Healthy	Unhealthy
20.	Eating a doughnut every morning.	Healthy	Unhealthy

Name: \_\_\_\_\_

41

**Colour**

Colour all energizing and healthy snacks.

Oatmeal	Candy	Chicken
Soda	Potatoes	Cookies
Almonds	Chocolate	Bananas
Water	Apples	Fish
	Yogurt	Cake

**Draw**

Draw what

you saw when you ate a snack today and write how it made you feel after.

--	--

**List**

List 3 healthy and 3 unhealthy foods.

Healthy	Unhealthy

## Food Groups Are Fun

### What Are Food Groups?

Food groups are like teams of foods. Each team has different kinds of foods that help our bodies in special ways. Eating from all food groups makes us healthy and strong!



### Canada's Food Guide

Vegetables and Fruits Team: These are colourful and full of vitamins. Like carrots, apples, and berries.

Protein Foods Team: These foods help our muscles strong. Like fish, beans, and eggs.

Whole Grains Team: They give us energy to play. Like rice and whole wheat bread.

Dairy and Alternatives Team: Good for our bones and teeth. Like yogurt, and almond milk.

### Why We Need All Teams

Each team of food helps us in different ways. Vegetables and fruits keep us from getting sick. Protein foods help us grow. Whole grains give us energy. Dairy and alternatives make our bones strong.

It is important to eat from all these teams every day!

Name: \_\_\_\_\_

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True or False

Is the statement true or false?

1. Carrots are in the Vegetables and Fruit Team.	True	False
2. Milk is in the Dairy Team.	True	False
3. Fish belongs to the Grains Team.	True	False
4. Beans are a type of protein.	True	False
5. Brown rice is a whole grain.	True	False

Identify

Identify the food described in each statement.

1) These gives us energy	g r _ _ i _ _ s
2) They build muscles.	_ _ _ _ t s
3) They are sweet and full of vitamins	_ _ _ _ _ s
4) It is yummy but unhealthy	_ _ _ a _ _

Question

Name a fruit you like to eat. How does it help your body?

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## Exit Cards

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

Name: \_\_\_\_\_

Which food group does it belong to?

1) Carrots	Fruit	Vegetable
2) Fish	Protein	Dairy
3) Bananas	Fruit	Vegetable
4) Apples	Fruit	Vegetable
5) Broccoli	Fruit	Vegetable
6) Milk	Protein	Dairy

Name: \_\_\_\_\_

Which food group does it belong to?

1) Carrots	Fruit	Vegetable
2) Fish	Protein	Dairy
3) Bananas	Fruit	Vegetable
4) Apples	Fruit	Vegetable
5) Broccoli	Fruit	Vegetable
6) Milk	Protein	Dairy

Name: \_\_\_\_\_

Which food group does it belong to?

1) Carrots	Fruit	Vegetable
2) Fish	Protein	Dairy
3) Bananas	Fruit	Vegetable
4) Apples	Fruit	Vegetable
5) Broccoli	Fruit	Vegetable
6) Milk	Protein	Dairy

Name: \_\_\_\_\_

Which food group does it belong to?

1) Carrots	Fruit	Vegetable
2) Fish	Protein	Dairy
3) Bananas	Fruit	Vegetable
4) Apples	Fruit	Vegetable
5) Broccoli	Fruit	Vegetable
6) Milk	Protein	Dairy

## Activity – Draw Your Favourite Meal Contest

### Objective

What are we learning about?

To encourage students to think about their favourite meals and how they fit into Canada's Food Guide, promoting an understanding of healthy eating habits.

### Materials

What you will need for the activity.

- Sheets of drawing paper
- Crayons, colored pencils, markers
- Copies of Canada's Food Guide
- A space to display the drawings



### Instructions

How you will complete the activity.

1. Distribute a sheet of drawing paper and drawing materials to each student.
2. Show the students Canada's Food Guide and explain the different food groups.
3. Ask the students to draw their favourite meal on the paper.
4. Encourage them to think about which food groups their meal includes.
5. Once everyone is done, have each student present their drawing to the class.
6. Discuss how each meal fits into the different categories of Canada's Food Guide.
7. Display the drawings in a designated area of the classroom.
8. Celebrate all the students' work and their understanding of healthy eating.

## Your Canada Food Guide Plate

**Draw**

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

### Proteins

Salmon	Lobster	Turkey	Milk
Moose	Beef	Cod	Cheese
Chicken	Trout	Lentils	
Halibut	Chickpeas		
Eggs	Black beans		

Wheat	Wild rice	Chia seeds
Oats	Quinoa	Hemp seeds
Barley	Buckwheat	Borghum
Rye	Amaranth	Durum wheat
Corn	Spelt	Flaxseed

### Fruits & Vegetables

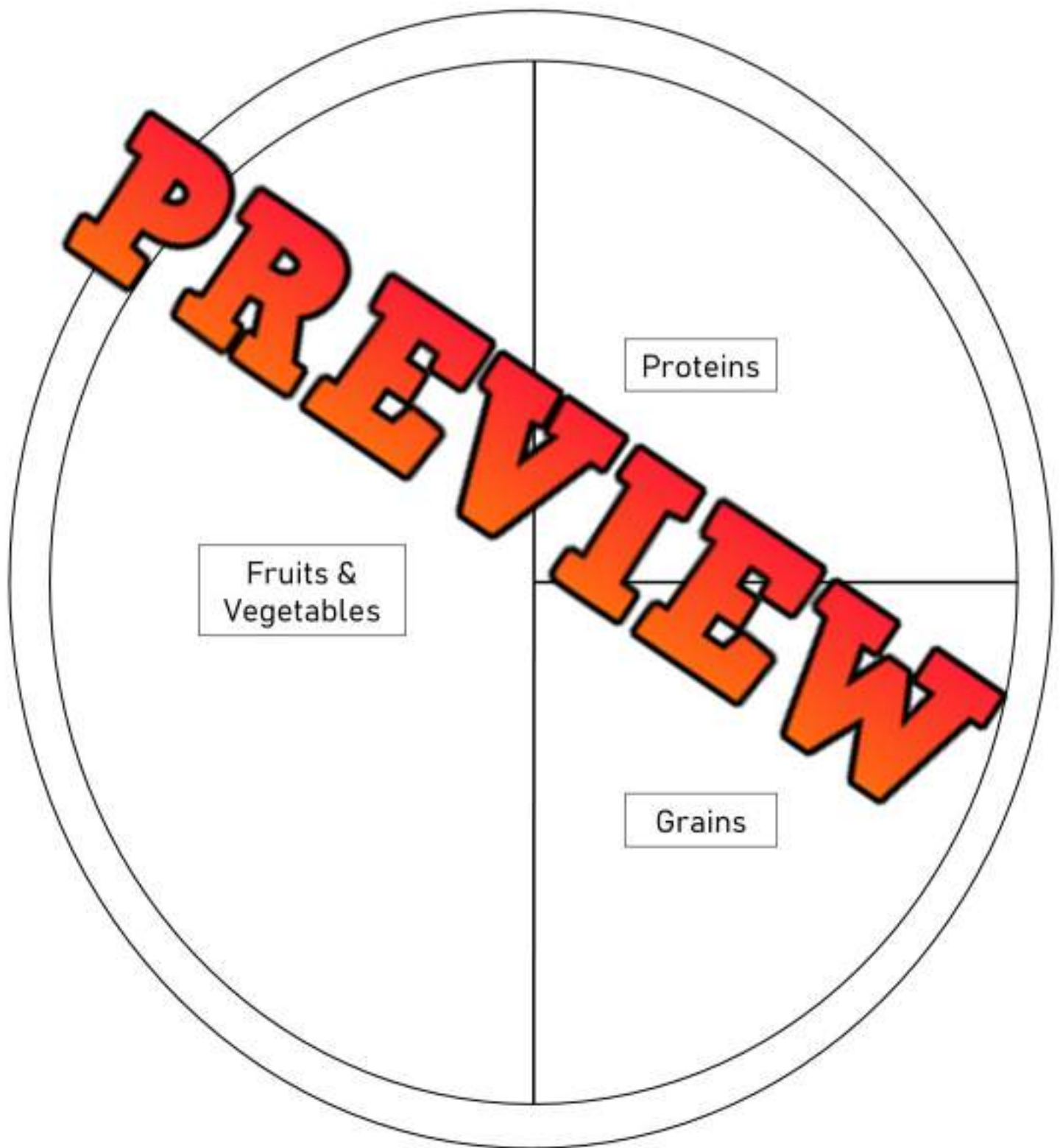
Apples	Raspberries	Grapes	Cauliflower
Blueberries	Strawberries	Cherries	Corn
Cranberries	Pears	Potatoes	Peas
Saskatoon berries	Peaches	Carrots	Tomatoes
Zucchini	Plums	Broccoli	Cucumbers

Name: \_\_\_\_\_

## Your Canada Food Guide Plate

**Draw**

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



## Story: Plant-Based Proteins

### Alex's Protein Adventure

Once upon a time, in a colourful kitchen, lived a small, curious boy named Alex. Alex loved to help his mom cook, and one day, they decided to make a special meal with plant-based proteins, just like Canada's Food Guide suggests.

As they started cooking, Alex's mom explained, "Plant-based proteins come from things that grow in the ground. They are good for us and the planet too!"

They began with beans. Alex loved to help, so he stirred the beans simmer into a tasty stew. "Beans make our muscles strong," his mom said. Alex smiled. Next, they chopped some tofu, a protein made from soybeans. Alex giggled as the tofu wobbled on the cutting board.

They also added lentils to a salad. "Lentils are tiny but full of protein," said Alex's mom.

Finally, they sprinkled some almonds and seeds on top. "Nuts and seeds are like tiny protein treasures," Alex cheered.

As they sat down to eat, Alex felt proud. He learned that plant-based proteins like beans, tofu, lentils, nuts, and seeds were not only delicious but also helped him grow strong and healthy. And that made the meal taste even better!



## True or False

Is the statement true or false?

1) Beans are a plant-based protein.	Tofu	Apples
2) Tofu comes from animals.	Milk	Soybeans
3) Lentils are full of protein.	Berries	Lentils
4) Plant proteins are not healthy.	Protein	Play
5) Seeds have protein in them.	Sleepy	Strong

Fill in the Blanks Write the missing word.

1)	Beans and _____ are plant proteins.	Tofu	Apples
2)	Tofu is made from _____.	Soybeans	Milk
3)	_____ are small but full of protein.	Berries	Lentils
4)	Seeds and nuts are good for _____.	Protein	Play
5)	Plant-based proteins help us grow _____.	Strong	Sleepy

## Draw

Draw three plant protein foods

## Story: Healthy Eating Around the World

**Draw**

Draw pictures that show the story

### Aarav's Food Journey

Once upon a time, there was a little boy named Aarav who loved to explore. He lived in Canada, a place with lots of different foods from all over the world.

One day, Aarav's teacher talked about Canada's Food Guide. It said to eat different kinds of healthy food. Aarav thought this was exciting!

**PREVIEW**

**PREVIEW**

His first food adventure was in Italy. He did not go there, but his Italian friend, Sofia, shared a dish called 'whole wheat pasta' with vegetables. "It's good for energy," Sofia smiled.

Next, Aarav tried a dish from Japan, called sushi, with his friend Yuki. It had fish and rice. "Fish is good for your brain," Yuki explained. Aarav liked the taste.

Then, he tasted a dish from India, called dal. It is made with lentils. Aarav's friend, Isha, said, "Lentils are great for our muscles." Aarav enjoyed the spicy flavour.

His friend Carlos from Mexico, introduced him to a dish called 'tacos with beans'. "Beans are good for our heart," said Carlos. Aarav loved the beans.

**PREVIEW**

# PREVIEW

Back in Canada, Aarav's mom made a salad with lots of different vegetables. "Vegetables are important for our health," his mom said. Aarav liked the crunchy carrots the most.

Aarav learned that people from all over the world eat healthy in different ways. He was happy to learn about Canada's Food Guide and the different yummy foods. He could not wait to try more!

## True or False

Is the statement true or false?

1) Aarav lives in Canada.	True	False
2) Italy is famous for pizza.	True	False
3) Sushi comes from Japan.	True	False
4) Dal is from India.	True	False
5) Beans are good for your heart.	True	False

## Questioning

Write questions you have after reading the text.

1)	
2)	

## Word Search

Find the words in the wordsearch.

Food	Fish
Rice	Dal
Bean	Taco
Sushi	Pasta
Italy	Japan

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

## Activity – Colouring Foods Around the World

### Objective

What are we learning about?

Students will explore healthy foods from different countries through colouring. This activity helps students learn that people around the world eat many kinds of healthy foods and encourages them to talk about which foods they have tried and which ones they would like to try.

### Materials

What do you need for the activity?

- Food-themed colouring page showing healthy foods from different countries around the world
- Crayons or coloured pencils






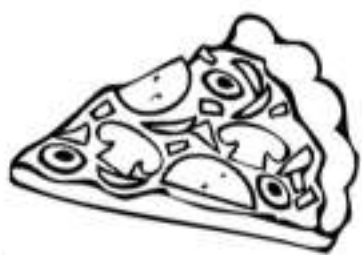























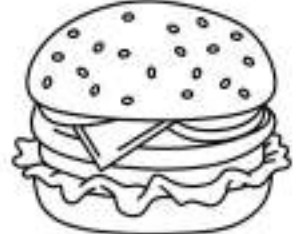




### Instructions

How will you complete the activity?

1. Hand out the food-themed colouring activity page to each student. The page shows different foods eaten around the world.
2. Provide students with crayons or coloured pencils to colour the page.
3. While students are colouring, encourage them to think about:
  - Which foods they already know
  - Which foods are new to them
4. Once students finish colouring, gather them together to talk about:
  - Which foods they have tried
  - Which foods they would like to try in the future
5. Ask students to choose one healthy food from another country that they would like to try and explain why.
6. Lead a short discussion about how people around the world eat different healthy foods.

## Instructions

Colour all the foods below. Colour  if you have tried the food before and  if you have not but want to try it.

## Newspaper Article: Seasonal Eating

### Yummy Seasonal Foods!

*Published: January 18, 2024*

Eating fresh fruits and veggies when they are in season is a healthy way to eat. Seasonal eating means eating foods that are ready to eat at certain times of the year.

Dr. Maya, a food expert, says, "Seasonal fruits and veggies are fresher, tastier, and better for you." She tells us that apples are best in fall, and strawberries are yummy in summer.

We talked to Sam, a farmer, who grows these foods. "When you eat

foods in their season, they are full of good stuff for your body," Sam says. He loves picking apples in the fall.

When you eat seasonal foods, you try new tastes. In spring, you can eat fresh peas. In winter, oranges and carrots are good to eat.

So, remember to eat fruits and veggies in season. They help you grow and stay healthy. Plus, they are super tasty!



Name: \_\_\_\_\_

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True or False

Is the statement true or false?

1. Eating seasonal foods is healthy.	True	False
2. Apples are best in summer.	True	False
3. Strawberries are yummy in winter.	True	False
4. Dr. May says eat different foods.	True	False
5. Peas are best in spring.	True	False

Draw three yummy seasonal foods.

Apple	Pea	Carrot

Word Search

Find the words in the wordsearch

Peas	Corn
Kale	Plum
Pear	Bean
Fig	Kiwi
Date	Berry

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

## Sugar and Health

### Sugar in Our Food

Sugar is sweet and is in many foods we eat. But too much sugar is not good for our bodies or minds. It can make us feel too active and then very tired.

### Effects of Sugar

- Too much sugar can make you feel very energetic quickly.
- Then, you might feel very tired and hungry.
- Eating lots of sugar can hurt your teeth.

### Healthier Choices

Instead of foods with lots of sugar, we can eat healthier things.

Here are some yummy ideas:

- Fruits like apples, bananas, or berries.  
They are sweet and good for you!
- Yogurt with honey or fruit instead of ice cream.
- Water or milk to drink instead of soda.

Remember, eating less sugar helps us stay healthy and happy!



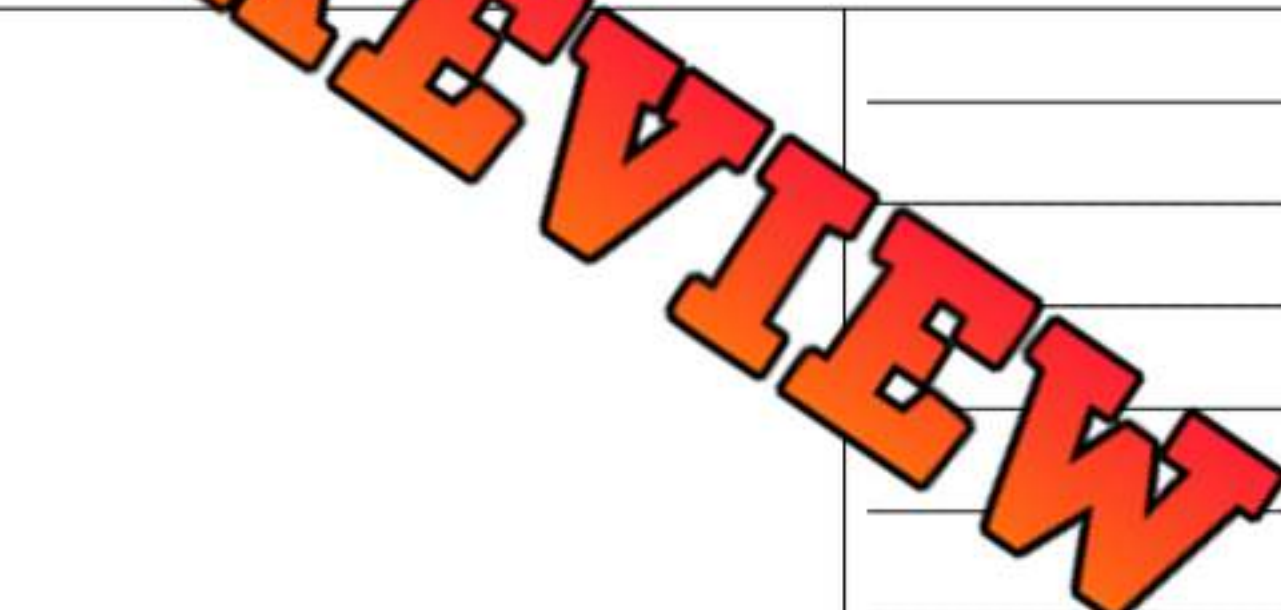
## Fill in the Blanks

Write the missing word.

1)	Eating too much sugar can make you feel _____.	Tired	Energetic
2)	Healthy snacks include fruits like _____.	Apples	Chips
3)	_____ is not good for your teeth.	Sugar	Water
4)	Drink _____ instead of soda.	Milk	Cola
5)	_____ with honey is a healthy treat.	Yogurt	Cake

## Visualizing

Draw a picture of what you were picturing while you were reading. Explain the picture.

	_____
	_____
	_____
	_____
	_____

## Question

What is a healthy drink to have?

_____
_____
_____

## Story: Mindful Eating

### Mindful Munching

Once in a small town, there was a girl named Lily who loved to eat quickly. One day, her grandmother, Nana, made a special lunch. "Let's try mindful eating and eat with a smile.

"What is that?" Lily asked, holding a spoonful of soup.



"It means eating slowly and thinking about the food," Nana explained. "We notice the taste, smell, and how it feels as we eat."

Lily took a small bite of her soup. "It is warm and tastes like carrots and chicken," she said, surprised.

"Yes, and it is cooked with love," Nana added. "Mindful eating helps us enjoy our food more and feel happy."

Lily tried with her apple pie. She noticed it was sweet and felt the soft texture. "I like this," she said. "Eating slowly is fun!"

From that day on, Lily enjoyed every bite of her food, feeling thankful and happy. She learned that eating mindfully made meals special.

## True or False

Is the statement true or false?

1) Mindful eating means eating quickly.	True	False
2) Lily learned to eat slowly.	True	False
3) Lily noticed her apple pie was sweet.	True	False
4) Soup tastes like candy.	True	False
5) Mindful eating makes us sad.	True	False

## Fill in the Blanks

Write the missing word.

1)	Mindful eating means eating _____.	Fast	Slowly
2)	Lily tasted _____ in _____.	Chocolate	Carrots
3)	The apple pie was _____ and _____.		Sweet
4)	Nana cooked with _____ and care _____.	Love	Haste
5)	Eating mindfully makes meals _____.	Special	

## Question

How can you eat mindfully?

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## Story: Eating Together

### Together at the Table

In a cozy house lived a little girl named Maya. Every evening, her family gathered around the dinner table. Maya loves these moments because every day while enjoying their meals.



One evening, Maya's friend Leo joined them. He was amazed at how they talked and laughed together. "Why can't I do that at my home," Leo said, feeling a bit sad.

Maya's mom explained, "Eating together is our special time. It helps us feel close and happy as a family."

Leo smiled as he shared stories from his day too. He enjoyed the meal more because he was part of Maya's family circle. He felt warm and happy inside.

From then on, Leo joined Maya's family for dinner often. He learned that sharing meals was not just about eating; it was about being together, sharing love and laughter. And that made every meal taste better!

## True or False

Is the statement true or false?

1) Maya likes eating alone.	True	False
2) Maya's family talks during dinner.	True	False
3) Leo never joined Maya for dinner.	True	False
4) Sharing stories is part of their dinner.	True	False
5) Dinner is at Maya's house.	True	False

## Fill in the Blanks

Write the missing word.

1) Maya enjoys eating _____.	Family	Alone
2) Leo felt _____ eating with _____.	Sad	Happy
3) They talk and _____ at dinner.		Laugh
4) Dinner time is a time for _____.	Sharing	Sharing
5) Eating together makes meals more _____.	Deci	

## Directions

Draw three things we do at dinner.

## Story: Cooking Together

### Lily's Garden Adventure

Once upon a time, there was a little girl named Lily who loved her garden. She was excited to see what grew in each season.

In spring, they grew bright green peas.

"They are so sweet and crunchy,"

her mom said. They ate

them right from the garden.



Then came summer, and Lily's garden had tomatoes. "Tomatoes love the sun," her dad explained. They made a yummy salad with them.

In fall, they picked pumpkins. "Pumpkins are great for pie," grandma said. Lily helped make a delicious pumpkin pie.

Winter had fewer plants, but Lily learned about plants that grow inside. Her brother showed her how to grow herbs like basil. "Basil smells nice," Lily thought.

Every season, Lily learned new things. She learned that plants need sun, water, and care to grow. She loved tasting the different foods from her garden. Lily could not wait to see what next season would bring!

## True or False

Is the statement true or false?

1) Lily has a garden.	True	False
2) Lily picks oranges in spring.	True	False
3) Tomatoes grow in summer.	True	False
4) Lily made an apple pie in fall.	True	False
5) Herbs grow in winter.	True	False

Fill in the Blank Write the missing word.

1) In spring, Lily picks _____.	Peas	Apples
2) Tomatoes grow in _____.	Summer	Winter
3) Lily made a _____ pie in fall.	Apple	Pumpkin
4) In winter, Lily grows _____.	Oranges	Herbs
5) Plants need sun and _____.	Water	Color

## Directions

Draw three things Lily found in her garden.

## Water Keeps Us Healthy

### Staying Hydrated is Important

Our bodies need water to work well. Water is like oil for a car; it keeps everything running smoothly. When we play, learn, and even breathe, we use up water. So, we need to drink enough water every day!

### Signs of Dehydration

- Feeling thirsty
- Your mouth is dry.
- You have not had enough water.



### Choosing Healthy Drinks

- Water is the best choice. It is clean and refreshing.
- Milk is good too. It helps build strong bones.
- Fruit juices are okay, but not too much because they have sugar.

### Fun with Water

- Carry a fun water bottle.
- Add slices of fruits like lemon or cucumber for a yummy taste.
- Drink water when you feel thirsty, especially after playing.

Remember, drinking water helps us stay happy, healthy, and full of energy! Most children need about 5–6 glasses of water each day, and adults need about 8 glasses, especially when they are active. Let's be water-wise every day!

Name: \_\_\_\_\_

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Fill in the Blanks

Write the missing word.

1)	Water is like _____ for our bodies.	Sand	Oil
2)	A dry mouth means you need _____.	Water	Sun
3)	We use up water when we _____.	Play	Sleep
4)	Milk _____ build strong _____.	Toys	Bones
5)	_____ a bottle can be _____.	Fun	Boring

Drink

Fill in the number of glasses of water adults and children should drink each day.

CHILDREN	
ADULT	

Question

Why is water important for our body?

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## Exit Cards

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

Name: \_\_\_\_\_

Is the statement true or false?

1) You need food when you are thirsty.	T	F
2) All drinks are healthy.	T	F
3) You should drink water after playing.	T	F
4) You should drink 5-6 glasses of water a day.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) You need food when you are thirsty.	T	F
2) All drinks are healthy.	T	F
3) You should drink water after playing.	T	F
4) You should drink 5-6 glasses of water a day.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) You need food when you are thirsty.	T	F
2) All drinks are healthy.	T	F
3) You should drink water after playing.	T	F
4) You should drink 5-6 glasses of water a day.	T	F

Name: \_\_\_\_\_

Is the statement true or false?

1) You need food when you are thirsty.	T	F
2) All drinks are healthy.	T	F
3) You should drink water after playing.	T	F
4) You should drink 5-6 glasses of water a day.	T	F

## Activity: Wonderful Water Day

### Objective

What are we learning about?

To teach students about the importance of water in keeping us healthy, using simple, interactive discussions and a fun, creative activity.

### Materials

What you will need for the activity.

- A large bowl of water and cups
- Paper for coloring sheets
- A paper with a water drop drawn on it
- Sticky notes or pieces of paper



### Instructions

How you will do the activity

- 1. Group Discussion (10 minutes):**
  - Start with a circle time discussion where students share what they know about water and why they think it is important. Highlight that water helps us stay hydrated, aids in digestion, and keeps our skin and hair healthy.
  - Explain that our bodies need water to function correctly, just like plants and animals do.
- 2. Water Tasting (5 minutes):**
  - Give each student a small cup of water to drink. Ask them how it makes them feel and why it's important to drink water every day. Mention that drinking water can keep us from feeling too hot or too tired and help us stay healthy.
- 3. Water Drop Coloring (15 minutes):**
  - Hand out water drop coloring sheets and let students decorate their own water drops using crayons, markers, or watercolor paints. As they work, encourage them to think about how water is beneficial.
  - Once everyone is done, have students share their artwork and discuss the different ways water helps us.
- 4. Creating a "Why Water is Wonderful" Chart (10 minutes):**
  - On the chart paper with a big water drop drawn, invite students to come up one by one to stick a note or piece of paper on the water drop. Each note will have a reason why water is important or how it helps us, based on the day's discussion.
  - This can be a collective effort where each student contributes an idea, and you help write it down if they're not comfortable writing themselves.

Name: \_\_\_\_\_

**PREVIEW**

Name: \_\_\_\_\_



## Newspaper Article: Feeling Full

### Happy Tummies: Knowing When to Stop

Published: January 18, 2024

Have you ever eaten too much and

felt your tummy hurt? It's important to know

when to stop eating. Eating just the right amount

makes our tummies happy.

Dr. Anjali Patel, a food doctor, tells

us, "When you eat, your tummy sends

a message to your brain saying it is

full. Listen to that message!" She says

to eat slowly and think about how

your food tastes. This helps you know

when you are full.

Luis, a first-grader, shared his story.

"I used to eat lots of cookies quickly.

My tummy felt bad. Now, I eat slowly

and stop when I am full. I feel better!"

Remember, eating slowly helps you

feel when you are full. It is good to

eat slowly when you feel just right.

This helps you feel healthy and ready to

play. Eating slowly is good for your body

because it helps you make smart

food choices every day.



## True or False

Is the statement true or false?

1. Dr. Patel is a food doctor.	True	False
2. Luis felt bad after eating slowly.	True	False
3. Your tummy tells you when it is full.	True	False
4. Eating too much makes your tummy happy.	True	False
5. It is good to keep eating when you feel full.	True	False

## Draw

Draw how you feel when your tummy is too full.

Sleepy

Sad Sick

## Word Search

Find the words in the wordsearch.

Full	Rest
Eat	Stop
Play	Slow
Meal	Food
Cook	Feel

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

## Activity – Nutrition Jeopardy

### Objective

What are we learning about?

To engage students in a Jeopardy-style game focusing on healthy eating habits and food groups from Canada's Food Guide, enhancing their understanding of nutrition.



### Materials

What you will need for the activity.

- A Jeopardy-style board with categories and points (like a Jeopardy board)
- Cards with questions related to healthy eating and food groups
- Bells or buzzers for students to answer questions
- Scoreboard to keep track of points
- Canada's Food Guide or other nutrition resources

### Instructions

How you will complete the activity.

1. Set up the board with categories related to nutrition such as 'Fruits', 'Vegetables', 'Proteins', and 'Healthy Habits'.
2. Divide the class into teams and give each team a bell or buzzer.
3. Explain the rules of Jeopardy, where teams choose a category and a point value.
4. Read out the question from the chosen category. The first team to ring the bell gets to answer.
5. Award points for correct answers and deduct for incorrect ones.
6. Take turns allowing each team to choose a category and a point value.
7. Continue the game until all questions are answered.
8. Tally the points to find the winning team.
9. Discuss the answers and provide more information about each topic.

Name: \_\_\_\_\_

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## Jeopardy

Use the jeopardy questions below

1 Point	2 Points	3 Points	4 Points
<p>What makes bones strong?</p> <p>(milk/calcium)</p>	<p>What mineral is in dairy?</p> <p>(calcium)</p>	<p>What does breakfast give you?</p> <p>(energy)</p>	<p>Colour of unripe bananas?</p> <p>(green)</p>
<p>What does a carrot help?</p> <p>(Vision)</p>	<p>What is the best drink for hydration?</p>	<p>What does protein build?</p> <p>(Muscle)</p>	<p>Which colour foods are good for our brains?</p> <p>(Blue/Purple)</p>
<p>What is an example of a sweet fruit?</p>	<p>What is a crunchy vegetable?</p>	<p>What does fiber do?</p>	<p>Which food group builds muscles?</p> <p>(Protein)</p>
<p>Name a food with whole grains.</p>	<p>Is a tomato a fruit or vegetable?</p> <p>(Fruit)</p>	<p>What is an example of a leafy green?</p>	<p>What is an example of a citrus fruit?</p>
<p>What makes us hydrated?</p> <p>(Water)</p>	<p>Is dairy part of Canada's Food Guide?</p> <p>(No)</p>	<p>What is the source of quick energy?</p> <p>(Sugar)</p>	<p>Name a plant protein</p> <p>(Tofu, beans, nuts)</p>

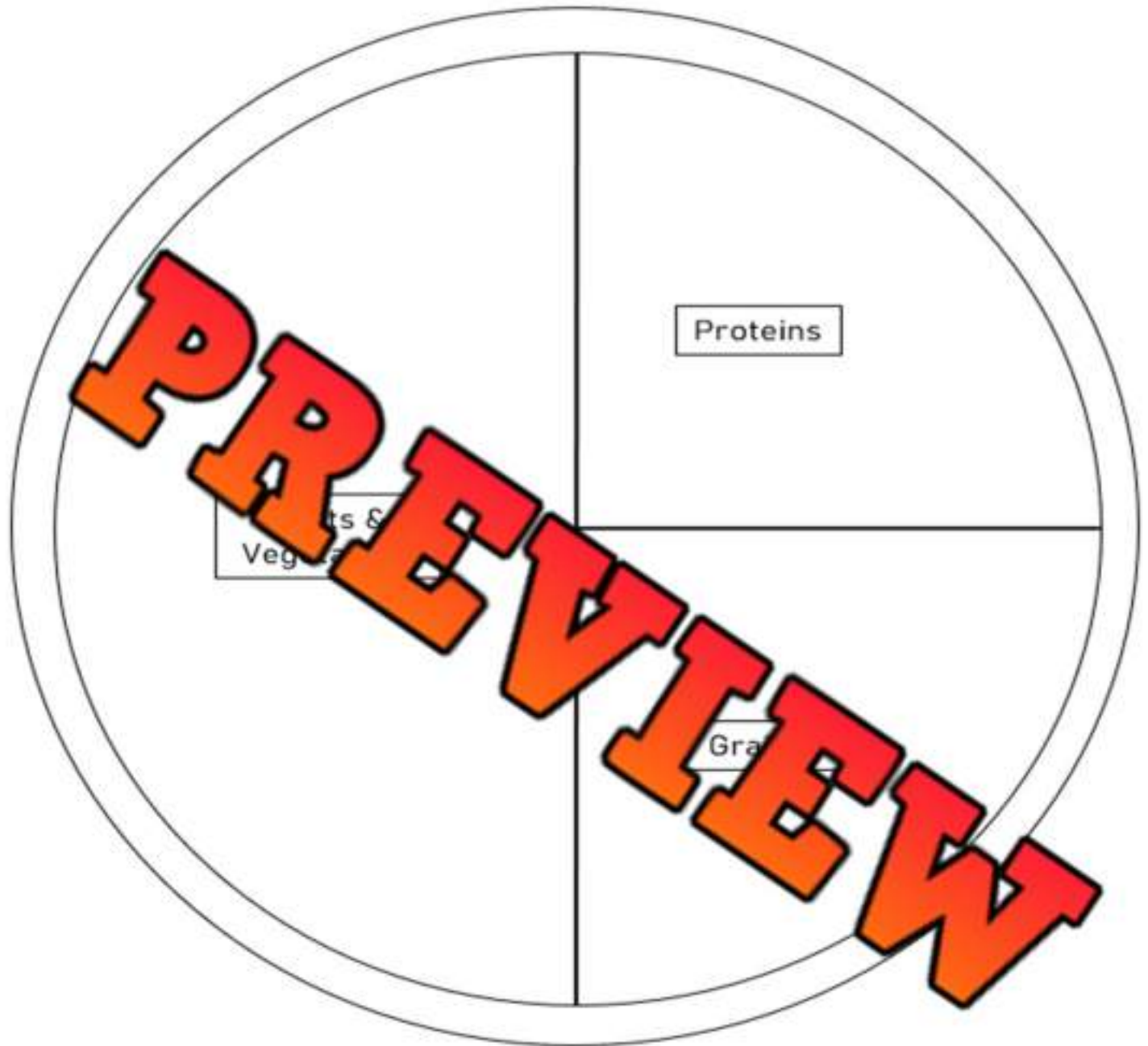
**Unit Test – Healthy Eating****Multiple Choice**

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<b>1. Why eat rainbow foods?</b> a) They make us happy b) Good for our bodies c) Just for fun d) They are colorful	<b>2. What makes bones strong?</b> a) Eating candies b) Drinking milk c) Playing games d) Watching TV
<b>3. Why eat fruits and vegetables?</b> a) For strong muscles b) Makes us sleepy c) Just for taste d) For running fast	<b>4. What are whole grains?</b> a) Good for energy b) Only for adults c) For dessert d) For playing
<b>5. What is a healthy snack?</b> a) Chips and candy b) Fruits and nuts c) Only ice cream d) Cookies	<b>6. Why drink water?</b> a) It tastes good b) When you are thirsty c) For energy d) Keeps you hydrated
<b>7. What is a hunger cue?</b> a) A game we play b) A type of exercise c) A sign we need food d) A story to read	<b>8. When should you stop eating?</b> a) When your plate is empty b) When you feel just right. c) After watching TV. d) When everyone else is done.
<b>9. Why eat seasonal fruits?</b> a) They don't cost much money. b) Only in the morning c) Tastier and healthier d) To win a prize	<b>10. What do plants need to grow?</b> a) Sun, water, and care b) Just a little room c) Only in winter d) Loud music

Draw

Draw a plate of food that fits with Canada's Food Guide



Food Group

Which food group does the food belong to?

1) Eggs	Protein	Grains	Fruits and Vegetables
2) Tomato	Protein	Grains	Fruits and Vegetables
3) Pasta	Protein	Grains	Fruits and Vegetables
4) Carrots	Protein	Grains	Fruits and Vegetables