



Preview - Information



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Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

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

CANADA'S NEW FOOD GUIDE

LEARNING GOAL

We are learning to **understand** Canada's **New Food Guide** so we can make **healthy food choices, enjoy balanced meals, and build good eating habits that help us stay healthy every day.**

CANADA'S NEW FOOD GUIDE

HEALTHY FOOD CHECK

Look at each food picture. Put a ✓ if the food follows Canada's New Food Guide.
Put an X if the food does not or should only be eaten sometimes.

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

EMOJI REFLECTION

Choose one emoji that shows how you feel about learning about Canada's new food guide. Say why you picked it and share your answer with the class.

Happy	Surprised	Confused	Excited	Confident

Ontario Health Curriculum Healthy Eating – Grade 4

MICRONUTRIENTS

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Fruit	Bones	Calcium
Growth	Vegetable	Strong
Zinc	Vitamin	Food

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) We only need protein and do not need carbohydrates or fats.	
2) Macronutrients are nutrients our bodies need in large amounts.	
3) Bread and rice are foods that contain fat.	
4) Avocados and butter contain healthy fats.	
5) Carbohydrates, proteins, and fats are the three macronutrients.	

WHAT ARE CARBOHYDRATES OR NOT CARBOHYDRATES?

Look at each food. Drag it to the correct box: Carbohydrates or NOT Carbohydrates.

Carbohydrates		NOT Carbohydrates
----------------------	--	--------------------------



Ontario Health Curriculum Healthy Eating – Grade 4

WHAT IS PROTEIN?

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) Protein helps our bodies grow and repair themselves.	<input type="checkbox"/>	<input type="checkbox"/>
2) Beans and lentils do not contain protein.	<input type="checkbox"/>	<input type="checkbox"/>
3) Protein helps us stay healthy and gives us energy.	<input type="checkbox"/>	<input type="checkbox"/>
4) Yogurt and cheese can provide protein.	<input type="checkbox"/>	<input type="checkbox"/>
5) All protein comes only from animals.	<input type="checkbox"/>	<input type="checkbox"/>

True **False**

UNDERSTANDING

CROSSWORD PUZZLE

Read each clue. Drag the correct word into the crossword boxes. Use the Across and Down clues to place each word in the right spot.

C	I	R	O	I	O	E	U
D	S	T	G	A	L	H	S
T	O	U	Y	B	N	L	N
M	R	D	O	E	C	A	I

Across

- Moves through body
- Carries oxygen around
- Used for chewing
- Builds strong bones

Down

- Support your body
- Milk food group
- Helps balance fluids

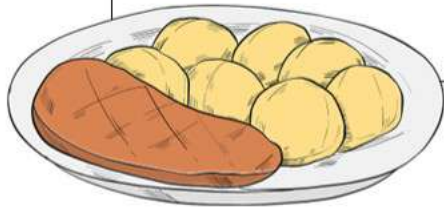
1) Which food is a source of calcium? A) Chips B) Cheese	2) Which drink can contain calcium? A) Fortified orange juice B) Pop
3) Which is NOT a calcium-rich food? A) Broccoli B) Chocolate bar	4) Why do we need calcium? A) To change our eye colour B) To help our bodies stay strong
5) Which food contains calcium? A) Jelly beans B) Almonds	6) What does calcium help build? A) Strong bones and teeth B) Long hair



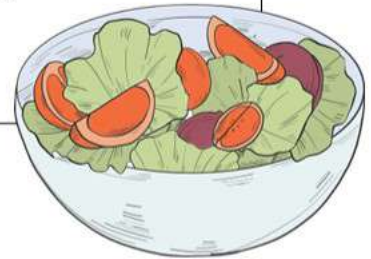
Workbook Preview



Grade 4 – Health Unit



Healthy Eating



	Curriculum Expectations	Pages
D1.1	Identify the key nutrients (e.g., fat, carbohydrates, protein, vitamins, minerals) provided by foods and beverages, and describe their importance for growth, mental and physical health. Learning and physical	16-64
Preview of 80 pages from this product that contains 153 pages total.		
D2.1	recommendations and guidelines in Canada's Food Guides (e.g., make water their drink of choice; eat plenty of vegetables and fruits; eat meals with others; help with food shopping and meal preparation at home; trap, fish, hunt, harvest, and cultivate food)	6 – 15, 65 – 85
D3.1	Identify ways of promoting healthier eating habits in a variety of settings and situations (e.g., school, arena, recreation centre, stores, food courts, special events; when camping, having a snack or meal at a friend's house, eating on weekends versus weekdays)	86-103

NAME: _____

Healthy Eating



Canada's New Food Guide

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

Food Category	Fruits and Vegetables	Whole Grains	Protein Foods
Servings/Day	½ (half) of your plate	¼ of your plate	¼ of your plate
Tip	<ul style="list-style-type: none"> - Choose darker green vegetables - Don't drink juice with added sugar 	<ul style="list-style-type: none"> - Choose whole grain options instead of grains that have been processed 	<ul style="list-style-type: none"> - Select plant based proteins and lean meats
Examples	<ul style="list-style-type: none"> - Dark green leafy vegetables - Don't drink juice with added sugar 	<ul style="list-style-type: none"> - Bread, pita, oatmeal, cereal, rice, pasta, quinoa 	<ul style="list-style-type: none"> - Beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs

Have plenty of vegetables and fruits



Choose whole grain foods

PREVIEW

Name: _____

7

Questions

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

Eat plenty of _____
and _____

Eat _____ foods



Make _____
your drink of
choice

PREVIEW

Choose _____
_____ foods

Canada's New Food Guide - Servings

Serving

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

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

Serving

Help Elliot fill in the table by telling him how many servings he should have

What Elliot Should Eat - Number of Servings			
Day	Vegetables and Fruits	Protein	Grains
1	10		
2		6	
3			7
4	8		
5		8	
6			3

Canada's New Food Guide – Food Categories



Food Group

Which group does the food belong to?

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

Canada's New Food Guide – Food Categories

Food Groups

Write 10 examples of foods that belong to each food category

	Grains
1	
2	
3	
4	
5	

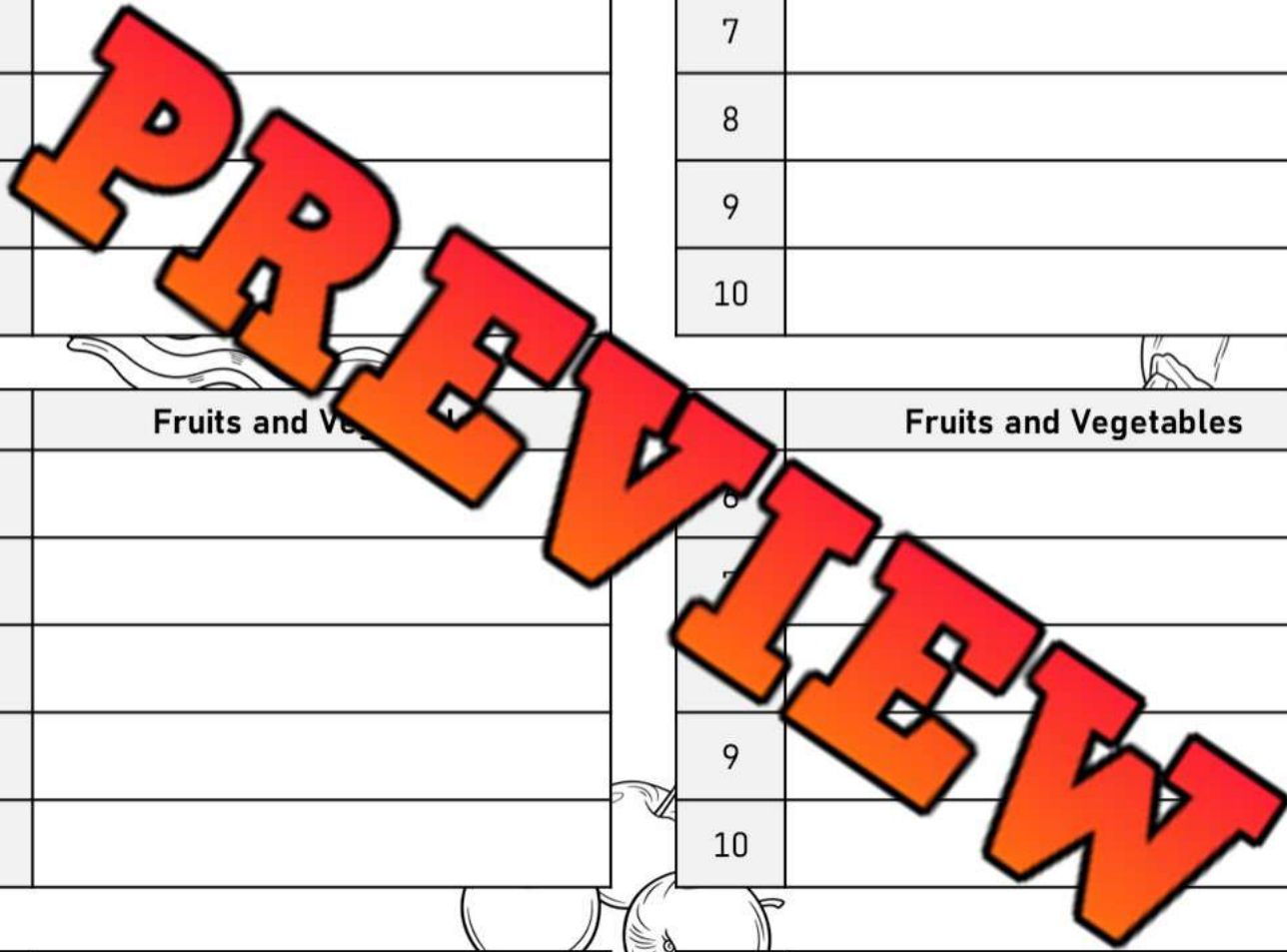
	Grains
6	
7	
8	
9	
10	

	Fruits and Vegetables
1	
2	
3	
4	
5	

	Fruits and Vegetables
6	
7	
8	
9	
10	

	Proteins
1	
2	
3	
4	
5	

	Proteins
6	
7	
8	
9	
10	



Canada's New Food Guide

Canada's New Food Guide's Recommendations

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

2) Cook More Often - When you prepare your food you are eating less processed foods. When you cook at home you have control of the seasoning and fats, which often add extra calories. You can use healthier ingredients in the preparation recommended in the New Food Guide.



3) Enjoy Your Food - enjoying your food means taking time to taste it. Eating more slowly and chewing more. It is about choosing a variety of healthy foods and flavours you like. Enjoy eating foods that are naturally good to you.

4) Eat Meals With Others - Try socializing at mealtimes with family. Put away devices at mealtimes so you have a chance to talk to those that you care about. Participate in the preparation of your food.

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

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

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

Activity

Is the person following the Canada Food Guide recommendations?

1) On weekends, Luna eats her lunch while watching TV.	Yes	No
2) Ella wants to get back to her video game, so she scarfs down her dinner.	Yes	No
3) Sofia eats dinner with someone in her family, even when her family is busy.	Yes	No
4) Kayden tastes the flavours in his dinner with his mom.	Yes	No
5) Even on her busy work days, she treats herself to fast food.	Yes	No
6) Finn only eats fruits and vegetables once a week.	Yes	No
7) Rowan always gets dinner from the frozen food section.	Yes	No
8) Nova cooks dinner using fresh ingredients.	Yes	No
9) Ezra wants to be like her celebrity role model, so she eats the same food they eat.	Yes	No
10) Ivy reads the ingredient list so she knows what is put in her food.	Yes	No

Question

Do you follow the Canada Food Guide recommendations? What are some things you could do better and what you do well.

Activity – Building Balanced Meals

Objective

What are we learning about?

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

Materials

What will you need for the activity?

- Visuals for Building Balanced Meals
- Pencils



Instructions

How will you complete the activity?

Activity 1 – Identifying Food Groups


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

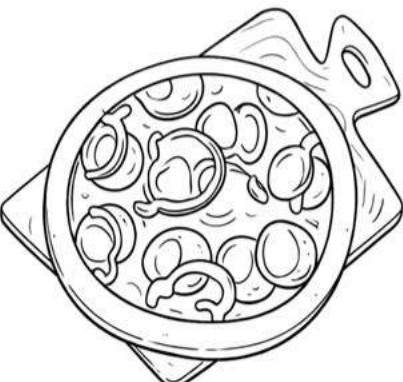
Activity 2 – Checking and Improving Meals


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

Activity – Building Balanced Meals

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

Meal	Proteins, Fruits and Vegetables, and Grains	
		

Meal	Proteins, Fruits and Vegetables, and Grains	
		


Meal	Proteins, Fruits and Vegetables, and Grains	
		

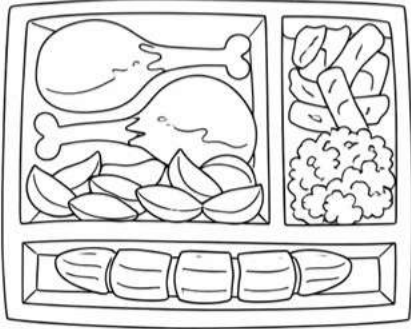
PREVIEW

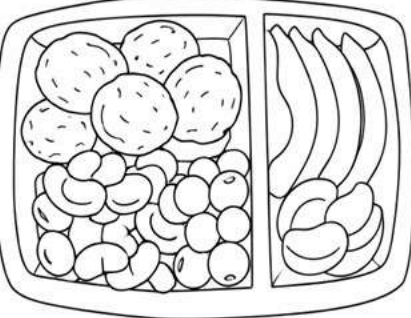
Activity – Building Balanced Meals

Food Groups

Examine the meals below and write which food categories are represented

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

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

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

PREVIEW

Micronutrients

What are Micronutrients?

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

- Vitamin A: Helps with healthy vision and immune function
- Vitamin B: Helps with energy production and brain function
- Vitamin C: Helps with skin health and wound healing
- Vitamin D: Helps with bone health and immune function
- Vitamin E: is an antioxidant that protects your cells from getting a disease.
- Vitamin K: Helps with blood clotting and bone health
- Iron: Helps with red blood cell production and oxygen transport
- Calcium: Helps with bone health and muscle function
- Zinc: Helps with immune function and wound healing



Sample Meals – High in Micronutrients

A great example of a meal that provides a lot of different micronutrients is a colourful salad made with leafy greens, fruits and vegetables. For example, you could make a salad with:

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



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

True or False

Is the statement true or false?

1) Vitamins and minerals can be found in food.	True	False
2) Vitamin C helps with skin health and wound healing.	True	False
3) Vitamin K helps with bone health and muscle function.	True	False
4) Vitamin B and iron are found in grilled chicken and fish.	True	False
5) We do not need to worry about the vitamins and minerals in our food.	True	False

Making a Connection

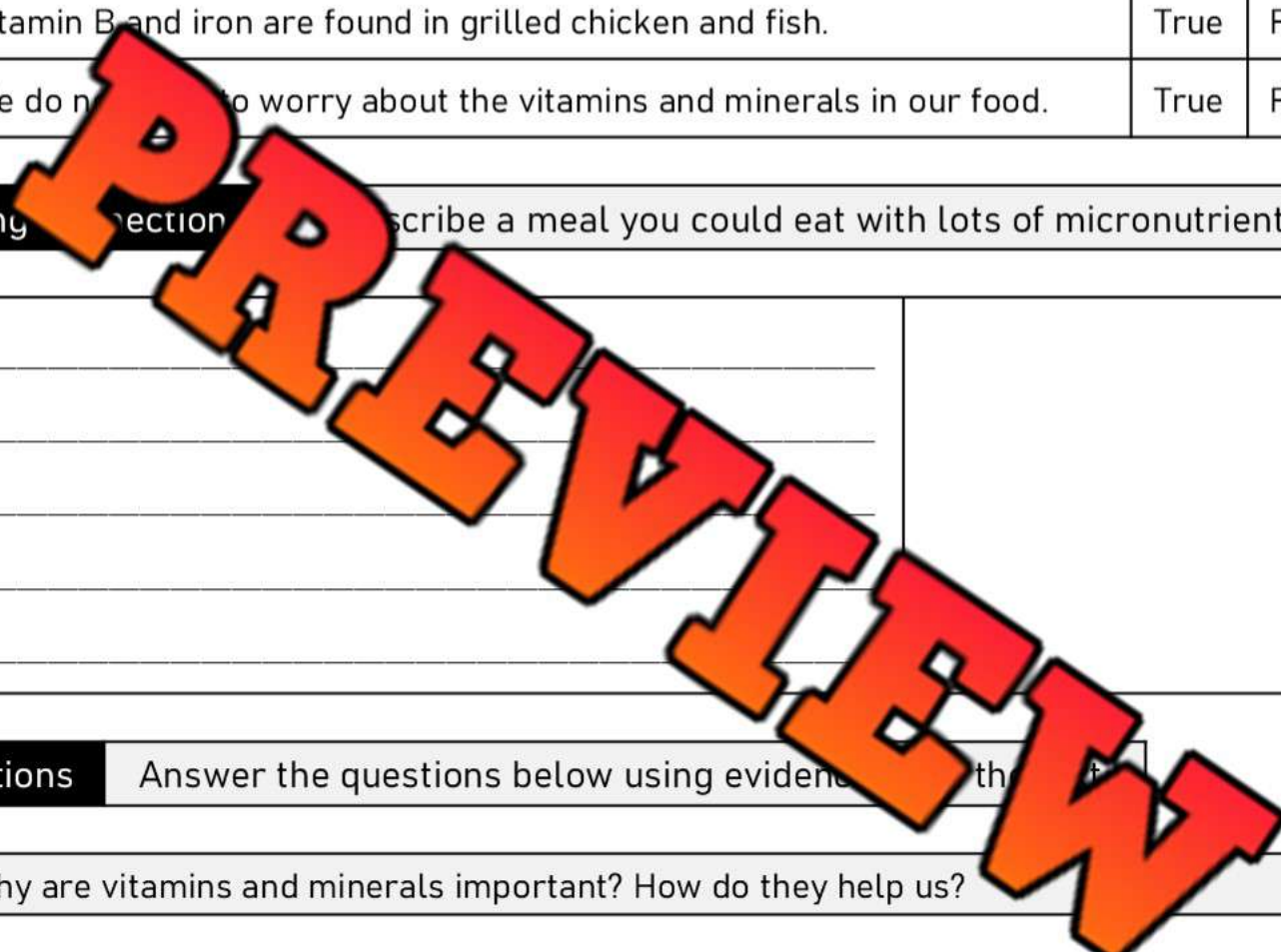
Describe a meal you could eat with lots of micronutrients.

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
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Questions

Answer the questions below using evidence from the text.

1) Why are vitamins and minerals important? How do they help us?
<hr/> <hr/> <hr/> <hr/>
2) Inference: What do you think could happen if we did not eat any vitamins?
<hr/> <hr/> <hr/> <hr/>



Foods High in Micronutrients

Foods And Their Micronutrients

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

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



Questions

Answer the questions below using evidence from the text

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

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

Diagram

Draw an example of a food source for a micronutrient listed below

Vitamin C	Iron	Vitamin A

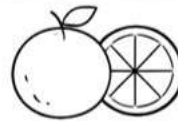
True or False

Is the statement true or false

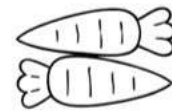
1) Avocado is a good source of Vitamin A.	True	False
2) Sunflower seeds are a good source of Vitamin B1.	True	False
3) Sweet potatoes are a good source of fibre.	True	False
4) Oranges are a good source of calcium.	True	False
5) Eggs are a good source of protein.	True	False

Micronutrients - Infographic

BEST FOODS FOR HEALTHY EYES



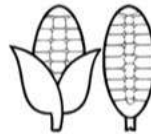
ORANGE



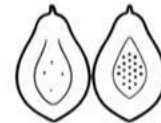
CARROT



YAM



CORN



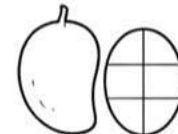
PAPAYA



PUMPKIN



AVOCADO



MANGO



TOMATO



KALE



BLUEBERRY



BROCCOLI



PREVIEW

Questions

Answer the questions below

1) What did you learn from the infographic?

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

Micronutrients – My Infographic

Objective

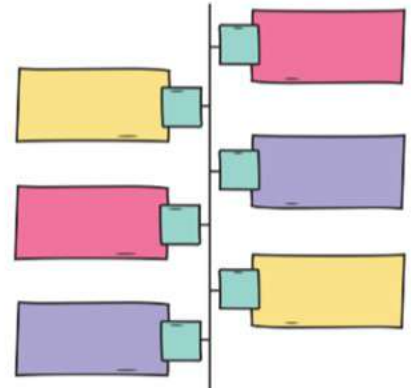
What are we learning about?

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

Materials

What will you need for the activity?

- Micronutrient infographic worksheet
- Pencil or pen
- Crayons, coloured pens



Instructions

How will you complete the activity?

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

Micronutrients – My Infographic

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

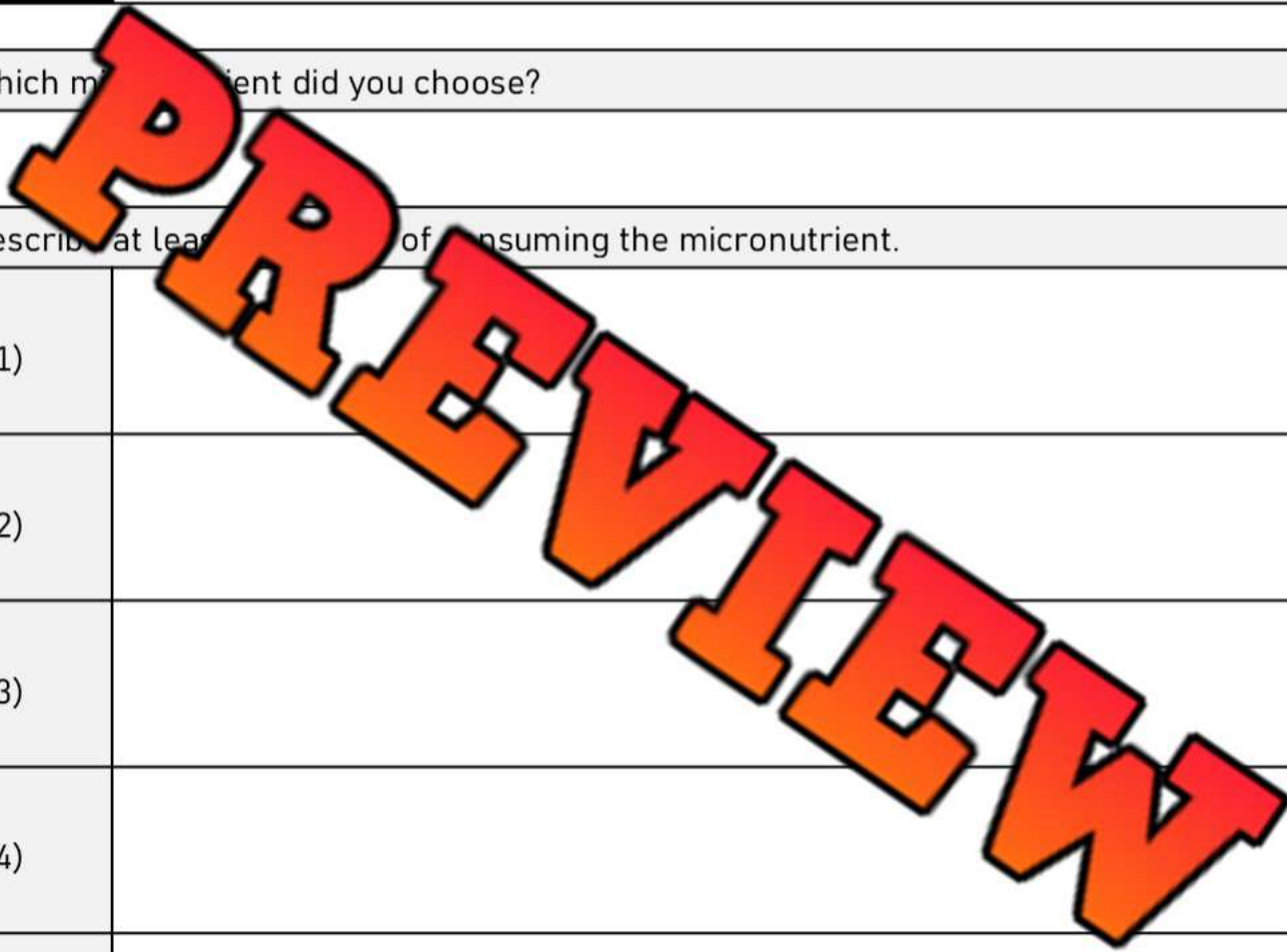
Research Answer the questions below to find information for your infographic.

1) Which micronutrient did you choose?

2) Describe at least three benefits of consuming the micronutrient.

1)	
2)	
3)	
4)	
5)	

3) What foods contain the micronutrient?



Research

Answer the questions below.

4) Other interesting facts about the micronutrient.

5) What pictures will you use on your infographic? Practice them below.

PREVIEW

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

Name: _____

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Micronutrients – My Infographic

PREVIEW

Macronutrients

What are Macronutrients?

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

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

- Carbohydrates are found in foods like bread, rice, potatoes, fruits, and vegetables. They give our bodies energy to do things like run, play, and think.
- Proteins are found in foods like meat, eggs, beans, and nuts. They help our bodies build and repair muscles and other tissues.
- Fats are found in foods like butter, oil, and cheese. They help our bodies absorb certain vitamins and keep our skin healthy.

Macronutrients in a Peanut Butter Sandwich

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

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



True or False

Is the statement true or false?

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

Fill in the missing word.

1) There are _____ macronutrients.	three	five
2) Carbohydrates give _____.	energy	water
3) Fats help the body absorb _____.	sugar	vitamins
4) Bread and rice are foods high in _____.	fats	carbohydrates
5) Eggs and beans are good sources of _____.	protein	fibre

Questions

Answer the questions below using evidence from the text.

1) What are the three macronutrients? Give examples of foods high in each one.

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

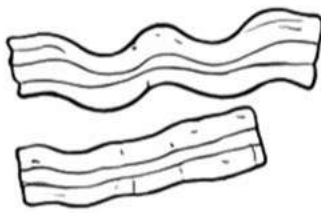
Macronutrients - Foods

Directions

Circle the food's primary macronutrient.




Carbohydrate	Protein
--------------	---------




Carbohydrate	Fat	Protein
--------------	-----	---------



Carbohydrate	Fat	Protein
--------------	-----	---------



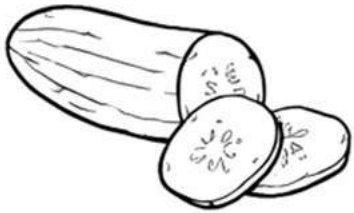
Carbohydrate	Fat	Protein
--------------	-----	---------




Carbohydrate	Fat	Protein
--------------	-----	---------



Carbohydrate	Fat	Protein
--------------	-----	---------



Carbohydrate	Fat	Protein
--------------	-----	---------



Carbohydrate	Fat	Protein
--------------	-----	---------

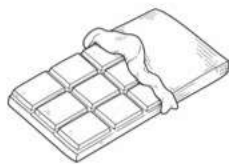
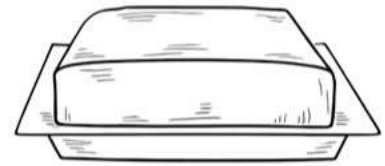
Fats

Fats

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

Types of Fats

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



Unsaturated Fats are found in olive oil, soybean oil, canola oil, corn oil, nuts, flaxseed oil, fish and avocados.

Healthy Fats

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

Less Healthy Fats

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

Multiple Choice

What kind of fat is this food?

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

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

Questions

Write three questions you have after reading the text.

1)	
2)	
3)	

Questions

Answer the questions below using evidence from the text.

1) What health problem does eating too much saturated fat cause?

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

Fats

Directions

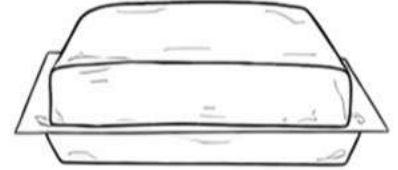
Circle the correct answer



Saturated Unsaturated



Saturated Unsaturated



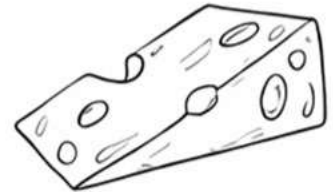
Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated

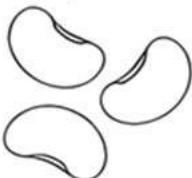


Saturated Unsaturated



Saturated Unsaturated

Soybeans



Saturated Unsaturated

Peanut Butter



Saturated Unsaturated



Saturated Unsaturated

PREVIEW

Exit Cards

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

Name: _____

Colour the food containing healthy fats

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

Name: _____

Colour the food containing healthy fats

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

Name: _____

Colour the food containing healthy fats

Olive oil	Nuts
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Name: _____

Colour the food containing healthy fats

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

Carbohydrates

Carbohydrates

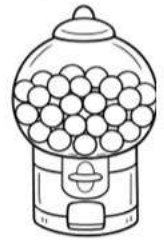
Carbohydrates are a type of food that gives your body energy. They can be found in many foods such as bread, rice, fruits, and sweets. Your body uses carbohydrates as fuel to help you run, play, and think. Just like a car needs gas to run, your body needs carbohydrates to keep going!



Types of Carbohydrates

There are three different types of carbohydrates including:

1. Simple Carbohydrates: These are found in sweets and candies and are quickly broken down into sugar by the body.
2. Complex Carbohydrates: These are found in foods like vegetables and grains. They take longer to break down, so you get energy, longer.
3. Fiber: This type of carbohydrate is found in fruits, vegetables, and whole grains. It helps keep your digestive system healthy. You can't digest it, so you don't get energy.



Problems with Eating Too Many Simple Carbohydrates

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

1. Blood sugar spikes: Simple carbohydrates are quickly converted to sugar, causing spikes in blood sugar levels which can be harmful for those with diabetes.
2. Tooth decay: Simple carbohydrates are a main cause of tooth decay as they can stick to teeth and cause cavities.
3. Poor nutrition: Consuming too many simple carbohydrates can lead to a lack of nutrients in your diet and increase the risk of nutrient deficiencies.
4. Increased risk of heart disease: A diet high in simple carbohydrates has been linked to an increased risk of heart disease.



True or False Is the statement true or false?

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

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

Direction Circle the facts about carbohydrates.

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

Activity – Good vs. Bad Carbohydrates

Objective What are we learning about?

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

Materials What will you need for the activity?

- Good vs. Bad Carbohydrates worksheet
- Pencil
- Crayons or colored pencils

Instructions How will you complete the activity?

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



Activity – Good vs. Bad Carbohydrates



Blank box for Good Carbs example 1

Blank box for Good Carbs example 2

Blank box for Good Carbs example 3

Blank box for Good Carbs example 4

Blank box for Good Carbs example 5

Blank box for Bad Carbs example 1

Blank box for Bad Carbs example 2

Blank box for Bad Carbs example 3

Blank box for Bad Carbs example 4

Blank box for Bad Carbs example 5



PREVIEW

Protein

Protein

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

Which are healthy sources of protein?
Healthy sources of protein include:

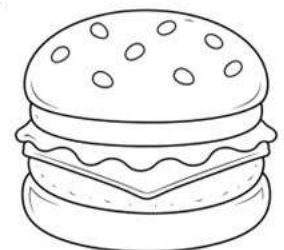
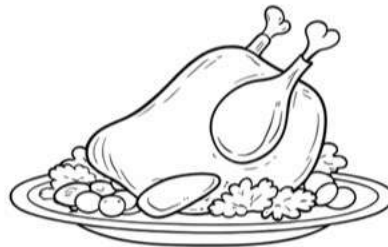
- Lean meats (chicken, turkey)
- Eggs
- Greek yogurt
- Nuts and seeds
- Beans, peas and lentils
- Tofu and tempeh
- Dairy products (milk, cheese)
- Quinoa

These sources of protein are also rich in essential vitamins and minerals. However, some sources of protein are also high in unhealthy fats.

Not All Protein Is Good For You

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

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



True or False Is the statement true or false?

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

Making a List List some healthy protein and some unhealthy protein you eat.

Healthy Protein	Unhealthy Protein

Questions Answer the questions below using evidence from the text.

1) What does protein do in our body?

2) What makes some protein unhealthy?

Activity – Protein Match

Objective

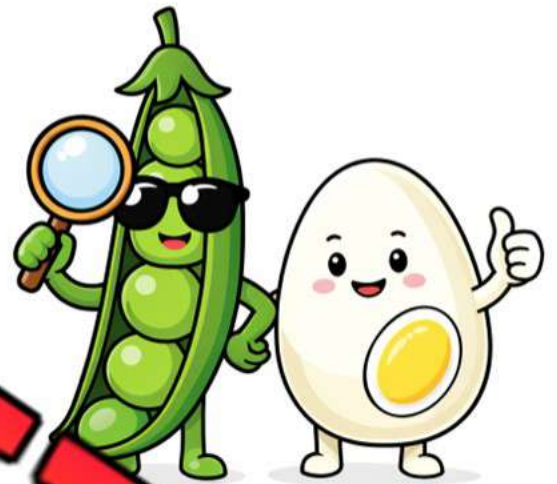
What are we learning about?

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

Materials

What will you need for the activity?

- Protein Match worksheet
- Pencil
- Crayons or coloured pencils (optional)



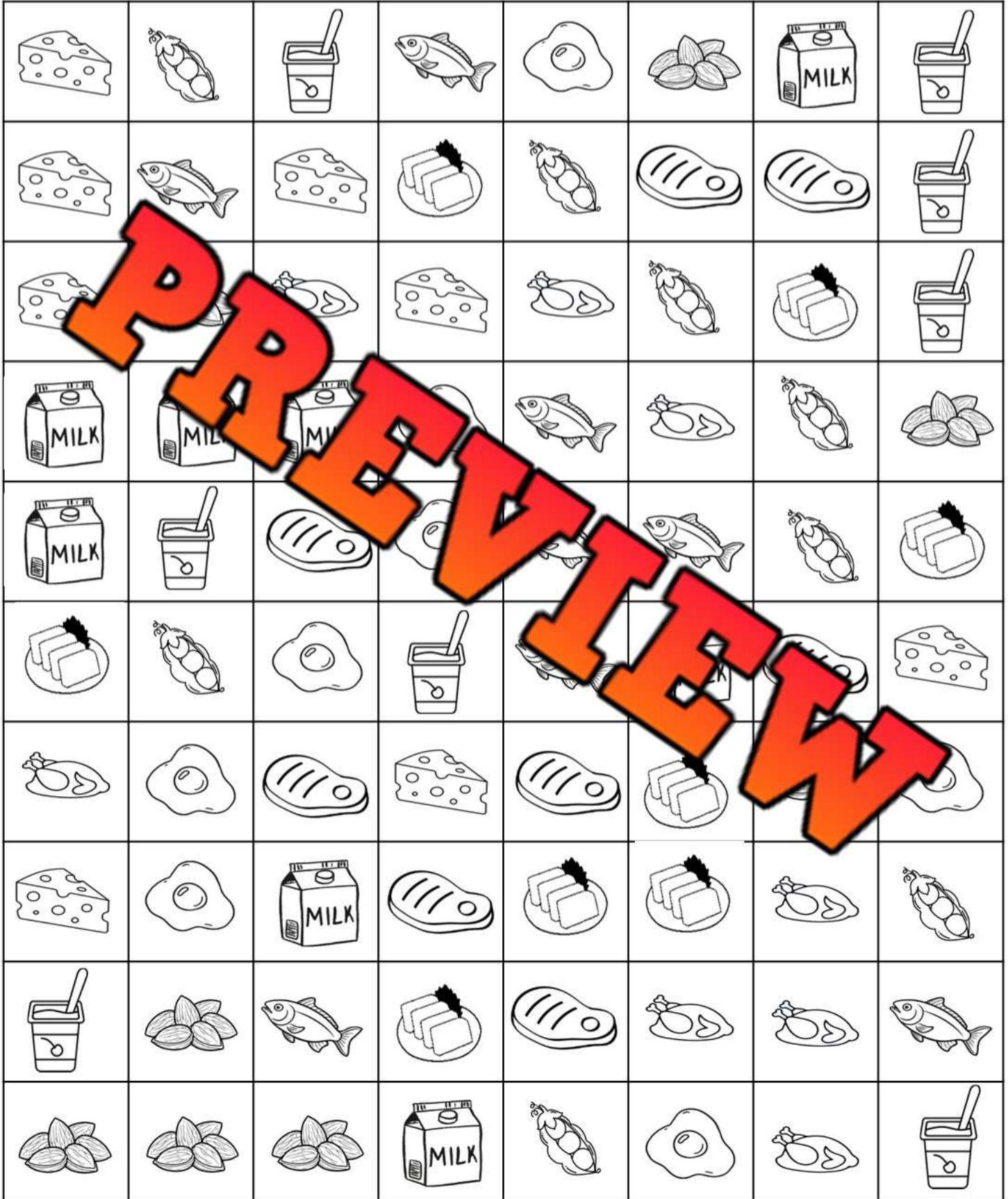
Instructions

How will you complete the activity?

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

Instructions

Colour all the protein matches.



Minerals

What are Minerals?

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

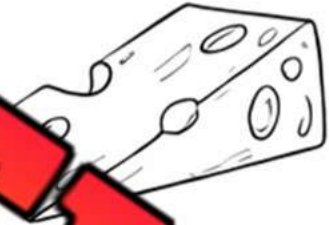
We get minerals by eating foods like dairy, nuts, fruits, and vegetables. It's important to eat a variety of foods to get all the different minerals that our body needs.



Minerals We Need

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

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



Foods High in Minerals

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

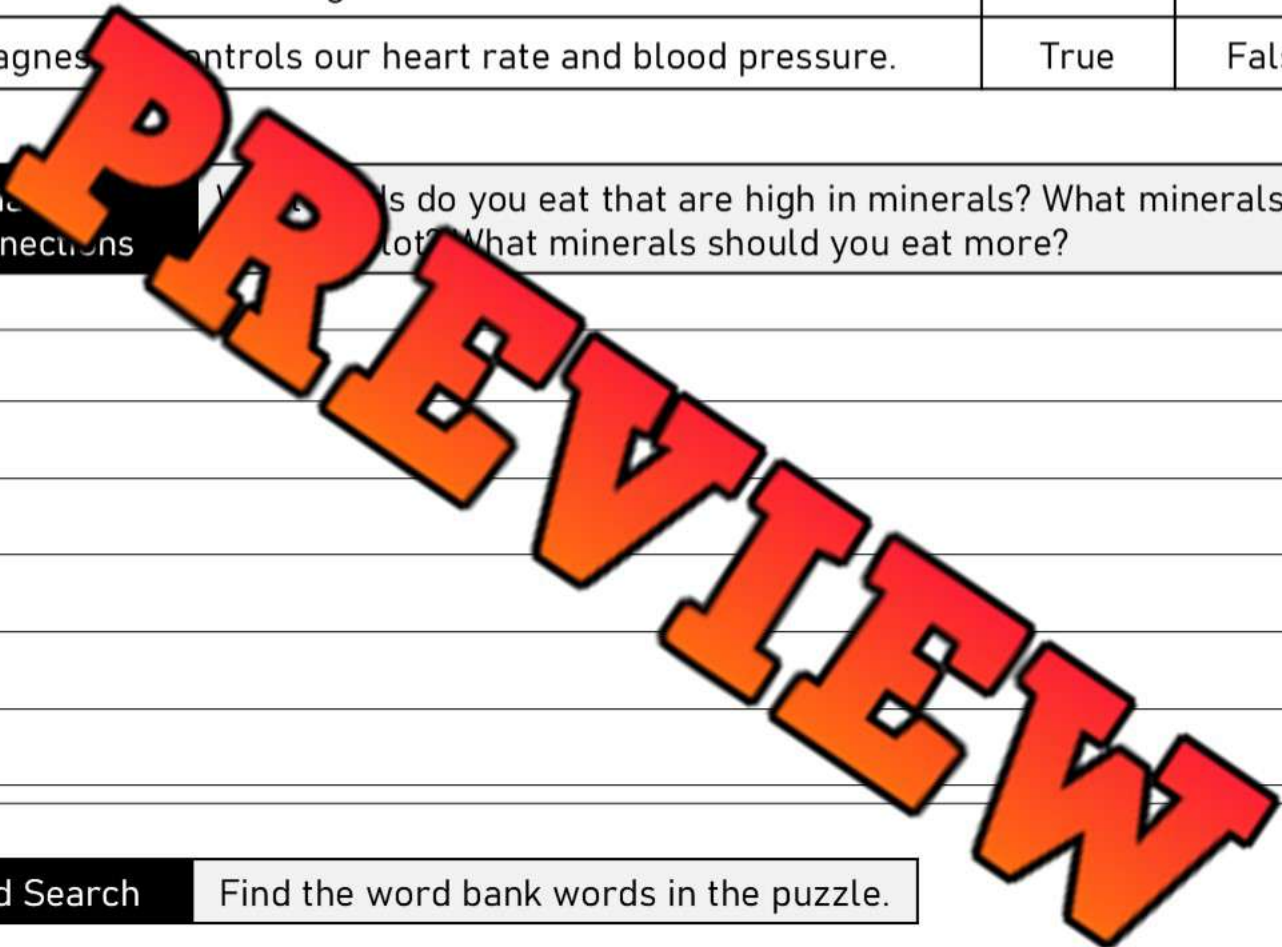


True or False

Is the statement true or false?

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

Connections **Make Connections** What foods do you eat that are high in minerals? What minerals do you eat a lot of? What minerals should you eat more?



Word Search

Find the word bank words in the puzzle.

<input type="checkbox"/> Calcium	<input type="checkbox"/> Bones
<input type="checkbox"/> Iron	<input type="checkbox"/> Teeth
<input type="checkbox"/> Sodium	<input type="checkbox"/> Energy
<input type="checkbox"/> Potassium	<input type="checkbox"/> Muscles
<input type="checkbox"/> Magnesium	<input type="checkbox"/> Blood

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

Calcium

What is Calcium?

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

Where Do We Get Calcium?

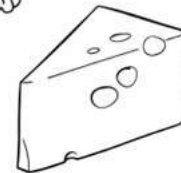
Calcium is found in a variety of foods such as dairy products (milk, cheese, yogurt), leafy greens (kale or spinach), nuts and seeds (almonds, sesame seeds), fish (with bones, such as salmon and sardines), and fortified foods (tofu, orange juice).

How Much Calcium Do We Need Every Day?

The recommended daily amount of calcium is 1000-1300 mg/day, depending on age and gender. Women over 50 and men over 70 generally require more calcium. Children 9-18 years old should get 1300 mg/day.

Here are some foods that contain calcium, with the amount per serving:

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



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

True or False

Is the statement true or false?

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

Making Connections What should you eat and drink to get 1300mg of calcium in a day? List what you would eat with serving sizes needed to get your daily calcium.

1	
2	
3	
4	

Questions

Answer the questions below using evidence from the text.

1) What does calcium do to help your body?

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

Skeletal Disease - Osteoporosis

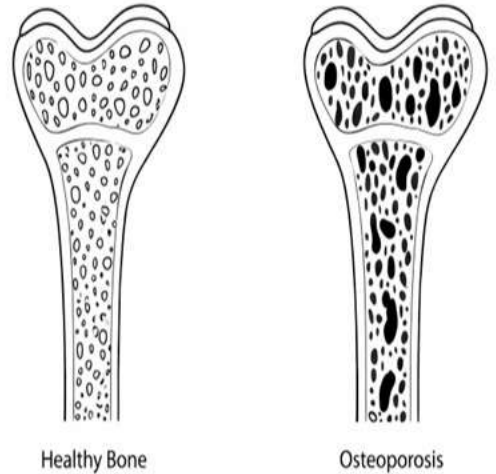
What is Osteoporosis?

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

Density is a measure of how strong your bones are. Bones that are dense, they are less likely to break. Bone density is used to diagnose osteoporosis.

In osteoporosis, bones that are dense are more likely to break. The most common bones affected by osteoporosis are the hip, and the wrist.

OSTEOPOROSIS



What Causes Osteoporosis?

Several factors contribute to the development of osteoporosis, including:

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

How To Avoid Osteoporosis

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

True or False

Circle whether the statement is true or false

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


Question Answer the questions below using evidence from the text.

1) What is osteoporosis? Why does it happen?

2) How can you prevent getting osteoporosis?

Draw

Draw and explain healthy foods you could eat that will keep your bones strong.

	_____

Experiment – Egg with Osteoporosis

Research Question

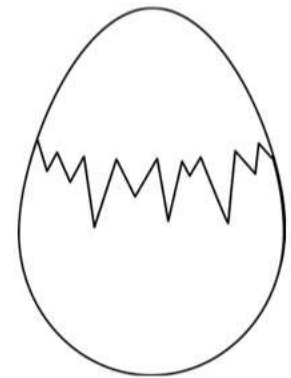
What are we learning about?

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

Materials

What you will need for the experiment

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



Method

How you will complete the experiment

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

Explanation

What is happening?

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

Hypothesis

What do you predict will happen?

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

Vinegar Egg

Empty Jar Egg

2) How should the eggs be?

Vinegar Egg

Empty Jar Egg

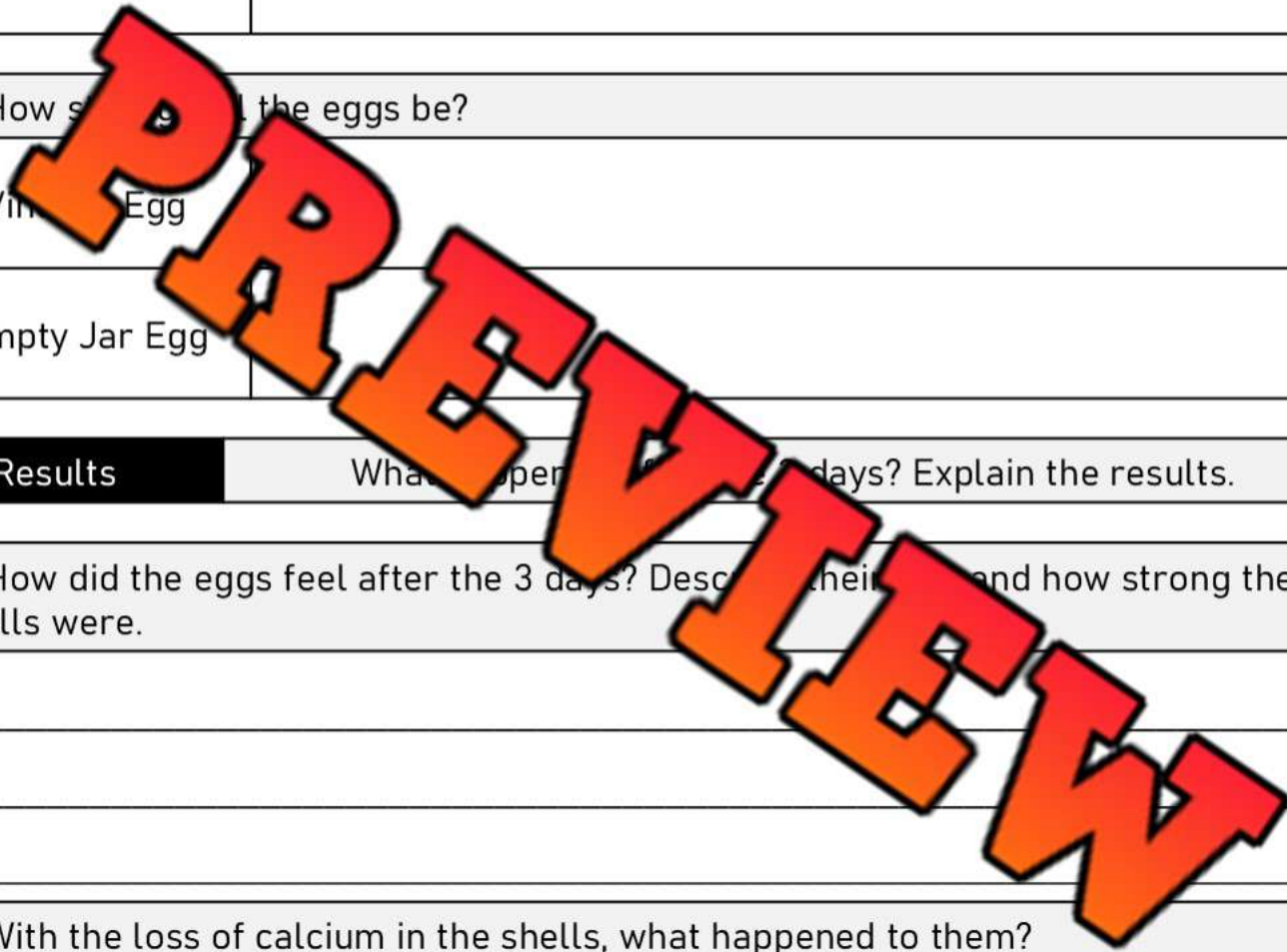
Results

What happened after 3 days? Explain the results.

1) How did the eggs feel after the 3 days? Describe their shells and how strong their shells were.

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

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



Fibre

What Is Fibre

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

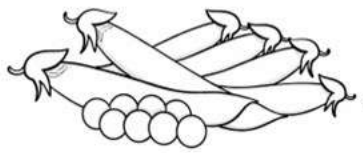
What Does Fibre Do

Fiber helps regulate digestion by adding bulk to stool, promoting regular bowel movements, and preventing constipation. It also feeds the beneficial gut bacteria we need for digestion. Fibre slows down the digestion process, allowing the body to absorb nutrients more efficiently.

Where Can You Get Fibre

Eating a variety of foods high in fiber is important for your overall health. Fruits, vegetables, grains, nuts, and seeds are common sources of fiber. Some examples including:

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



Questions

Answer the questions below using evidence from the text.

1) What is fibre?

2) Why do we need to eat fibre?

Drawing

Draw an example of different fibres that are high in fibre and label your drawing.

True or False

Is the statement true or false?

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

Activity – Fibre Jeopardy

Objective

What are we learning about?

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

Materials

What will you need for the activity?

- Jeopardy questions table (provided).
- Whiteboard or display area.
- Markers or chalk.
- Scoreboard to keep track of points.
- Buzzer or bell (optional).



Instructions

How will you run the activity?

1. Arrange the classroom into groups of 4 students each.
2. Display the Jeopardy questions table on the whiteboard or large screen.
3. Explain the rules: Each column in the Jeopardy table has questions of different difficulties. The first column is worth 100 points and the points increase with the difficulty of the questions.
4. Groups take turns choosing a question by its point value. The group chooses the chosen question aloud to the class.
5. Each group discusses and agrees on an answer within 30 seconds.
6. If the answer is correct, the group earns the corresponding points. No points are deducted for incorrect answers. Record the points on the scoreboard after each turn.
7. Continue rotating turns among all the groups until all questions are answered or a set number of rounds are completed.
8. Tally the points at the end of the game; the group with the most points wins.
9. Conclude with a discussion, allowing students to share what they learned and how they can apply these healthy habits.

Jeopardy

Use the jeopardy questions below.

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

Exit Cards

Cut Out

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

Name: _____

Check the actions that show healthy fibre choices.

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

Name: _____

Check the actions that show healthy fibre choices.

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

Name: _____

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Name: _____

Check the actions that show healthy fibre choices.

1) Eating fruits and vegetables every day	
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3) Drinking sugary drinks instead of water	
4) Eating nuts, seeds, or beans	
5) Eating only junk food and skipping vegetables	

Water

Canada's Food Guide

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



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

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

Is Drinking Juice and Milk As Healthy As Drinking Water?

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

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

True or False

Circle whether the statement is true or false.

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

Multiple Choice Circle the letter of the correct answer.

1. Why is drinking water important for our body?	
A. It helps keep the body cool.	B. It adds sugar to the body.
2. How does water help cool the body?	
A. By cooling the body when we sweat.	B. By slowing heat in the body.
3. Which body system is helped by drinking enough water?	
A. Respiratory System	B. Digestive System
4. What can happen if we do not drink enough water?	
A. Dehydration and headaches	B. Better focus
5. Why is water better than soda for hydration?	
A. Soda has more flavour	B. Water is absorbed faster by the body.

Question

What are the benefits of drinking water?

Activity – Water Tracker

Objective

What are we learning about?

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

Materials

What will you need for the activity?

- Water worksheet
- Pencil

Instructions

What do you need to do to complete the activity?

1. Look at the days of the week listed on the left side of the worksheet. Each cup picture represents one cup of water.
2. Keep this worksheet with you at all times. In class, when you can record your water intake. Every time you drink a full glass of water, color in or mark one cup in the row for that day.
3. Only mark a cup after you finish drinking the water. Try to space out your water throughout the day by drinking in the morning, afternoon, and evening.
4. At the end of each day, count how many cups you marked and how many reached your water goal.
5. Do not colour cups you did not earn—only mark the cups for water you actually drank.
6. Repeat the same steps for each day of the week.
7. When the week is finished, review your tracker and think about which day you drank the most water.
8. Write your name clearly on the worksheet.
9. Submit the completed worksheet as instructed by your teacher.



Activity – Water Tracker

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

PREVIEW

Healthy Eating Habits

Healthy Eating Habits

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

- 1) Eating a variety of foods from each of the food groups in the guide every day.
- 2) Including plenty of vegetables and fruits in their diet.
- 3) Choosing whole grain foods, such as whole grain bread, cereals, and pasta.
- 4) Choose fresh foods instead of processed foods, which are high in fat, sugar and sodium.
- 5) Choose lean protein sources, such as fish, poultry, and legumes, instead of higher fat meat options.
- 6) Drinking water instead of sugary drinks, such as juice and soda.
- 7) Eating meals together as a family.
- 8) Being mindful of portion sizes.
- 9) Trying new foods and recipes, to expand your taste buds and experience with different foods.
- 10) Being physically active for at least 60 minutes every day.



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

True or False

Is the statement true or false?

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

Think

List the habits that help keep your body healthy.

<input type="checkbox"/> Eating fruit and vegetables every day	<input type="checkbox"/> Drinking soda instead of water every day	<input type="checkbox"/> Eating meals at regular times
<input type="checkbox"/> Skipping meals often	<input type="checkbox"/> Drinking water throughout the day	<input type="checkbox"/> Eating very fast
<input type="checkbox"/> Choosing whole-grain foods when possible	<input type="checkbox"/> Choosing fruits and vegetables all the time	<input type="checkbox"/> Eating breakfast before school
<input type="checkbox"/> Eating only chips or candy for snacks	<input type="checkbox"/> Including protein in your diet	<input type="checkbox"/> Limiting sugary snacks and drinks

Questions

Answer the questions below using evidence from the text.

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

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

My Healthy Eating Habits

Objective What are we learning about?

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

Materials What will you need for the activity?

- My Healthy Eating Habits worksheet
- Pencil
- Crayons or markers and pens

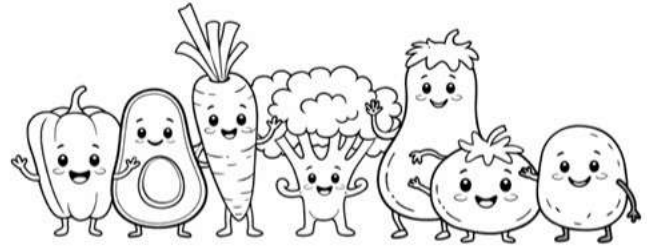


Instructions How will you complete the activity?

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

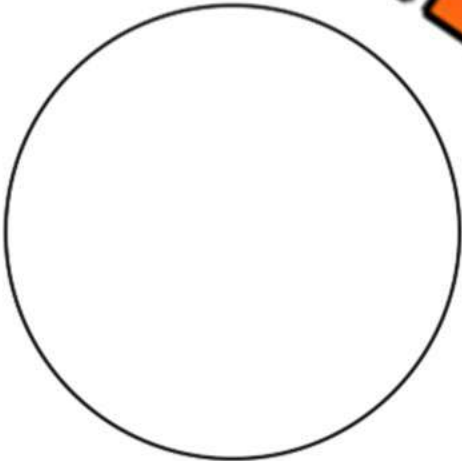
My Healthy Eating Habits

Breakfast



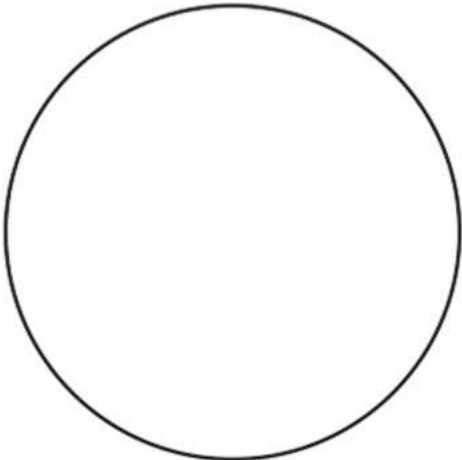
For breakfast, I usually have _____

Lunch



For lunch, I usually have _____

Dinner



For dinner, I usually have _____

PREVIEW

How To Create a Healthy Habit

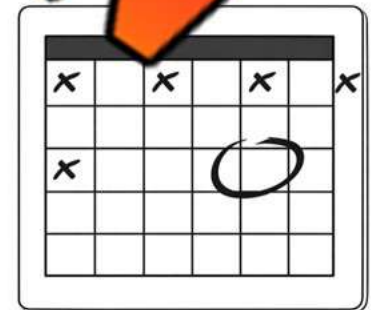
Why Should We Try To Make Healthy Choices A Habit?

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

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

Here's how to create a healthy habit:

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



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

True or False

Is the statement true or false?

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

Making a Connection Do you have any healthy habits? Explain them.

PREVIEW

Identify

Determine which scenarios demonstrate habit-building behaviours.

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


Healthy Food Choices


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


Directions

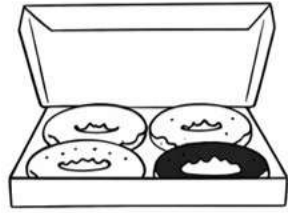
Are the foods anytime or sometimes foods?

	
Sometimes	Anytime


	
Sometimes	Anytime


	
Sometimes	Anytime

	
Sometimes	Anytime

	
Sometimes	Anytime

	
Sometimes	Anytime

	
Sometimes	Anytime

	
Sometimes	Anytime

Name: _____

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Mindful Eating

Healthy Eating

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

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

What Are The Benefits of Mindful Eating?

The benefits of mindful eating include:

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




True or False

Circle whether the statement is true or false.

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

Think about the benefits of healthy eating.

Questions

Answer the questions below using complete sentences.

1) What is mindful eating?

2) Why is mindful eating important?

Activity – Mindfulness Eating Scavenger Hunt

Introduction

What are we learning more about?

Mindfulness Eating Scavenger Hunt

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

Method

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

	TEXTURE	SMELL	TASTE	SOUND	SIGHT

Connecting

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

Mindful Eating Story

Mindfully Eating - Timmy

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

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

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

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

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

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



True or False

Is the statement true or false?

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

Making a Connection

Do you think you eat mindfully? Explain.

PREVIEW

Questions

Answer the questions below using information from the text.

1) How did Timmy improve his eating habits?

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

Preparing Healthy Snacks

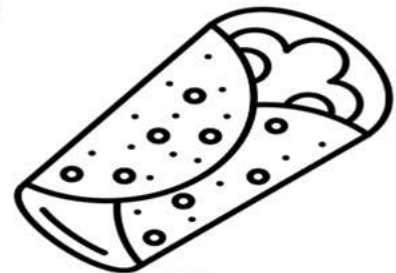
Preparing Healthy Snacks

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

- 1) Improved nutrition: When kids are involved in meal preparation, they are more likely to try new foods and make healthier choices. They also gain an understanding of what goes into their meals and the importance of balanced nutrition.
- 2) Confidence and self-esteem: By participating in meal preparation, kids develop new skills and feel a sense of accomplishment and pride.
- 3) Life skills: Meal preparation teaches kids valuable life skills such as cooking, budgeting, and time management, which they can use throughout their lives.
- 4) Family bonding: Meal preparation is a fun and bonding experience for families.
- 5) Better eating habits: When kids are involved in meal preparation, they take ownership of their food choices and develop healthy eating habits that can last a lifetime.

What Are Some Healthy Meals Or Snacks You Can Help Prepare?

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



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

True or False

Is the statement true or false?

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

Connections

Describe ways that you help with meal preparation. Examples: Meal preparation, grocery shopping, cleaning or chopping vegetables, etc.

PREVIEW

Sequence

Number the steps from 1 to 7 to show how to prepare a healthy snack.

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

Making Healthy Food Choices

Healthy Eating When You Are Not At Home

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

Drink

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

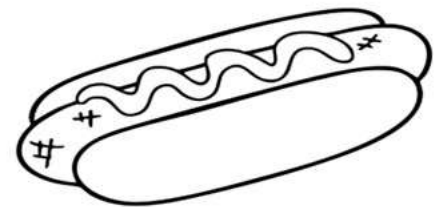


What To Order When Eating Fast Food

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

Some healthier choices you can make include:

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



True or False

Is the statement true or false?

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

Draw

Draw pictures of items you can order at a fast food restaurant which are a healthier choice than ordering all fried food.

--	--

Questions

Answer the questions below using evidence from the text.

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

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

Healthy Snacks On The Go

Healthy Snacks On The Go

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

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

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

Keep healthy snacks handy: Keep snacks like fruit, raw veggies, unsalted nuts, or dried fruit to keep you full and energized between meals.

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

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



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

True or False

Is the statement true or false?

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

Make a Connection What are your favourite healthy snack options that you can take with you to school?

1	
2	
3	

Questions

Answer the questions below using evidence from the text.

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

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

Think

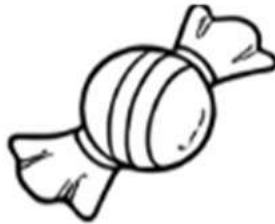
Circle if the food is healthy or unhealthy.

Banana



Healthy Unhealthy

Candy



Healthy Unhealthy

Hard-boiled



Healthy Unhealthy

Granola bar



Healthy Unhealthy

Potato chips



Healthy Unhealthy

Soda



Healthy Unhealthy

Yogurt



Healthy Unhealthy

Gummy snacks



Healthy Unhealthy

Grapes



Healthy Unhealthy

Donuts



Healthy Unhealthy

Apple slices



Healthy Unhealthy

PREVIEW

Choosing a Healthy Snack

Questions

How do we know what the healthiest choice is?

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

Nutrient and how much we need each day*	Chocolate chip muffin	Plain bagel with cream cheese*	Glazed donut
Fibre 15 - 20 g	2 g	3 g	1 gram
Fat 66 g	16 g	12 g	10 grams
Carbohydrates 130 g	66 g	61 g	41 grams
Calories 2000	420	330	270
Sodium 1800 mg	330 mg	615 mg	100 mg
Protein 34 g	6 g	12 g	12 grams
Calcium 1300 mg	40 mg	83 mg	10 mg
Iron 8 mg	4 mg	4 mg	1mg

*A typical serving of cream cheese on a bagel is 2 tbsp.

**Everyone is different. These values are averages. It depends on your size and activity level.

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

True or False

Is the statement true or false?

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

Making Connections

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

PREVIEW

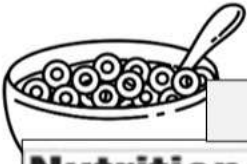
Questions

Answer the questions below using evidence from the text.

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

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

Food Comparisons



Honey Nut Cheerios

Nutrition Facts

Serving Size ¼ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with ¼ cup skim milk
Calories	110	150
Calories from Fat	5	15
Total Fat 1.5g	3%	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Polyunsaturated Fat	0.5g	1%
Monounsaturated Fat	0.5g	1%
Cholesterol 0mg	0%	0%
Sodium 160mg	3%	1%
Potassium 115mg	3%	2%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber	less than 1g	
Sugars	9g	
Other Carbohydrate	11g	
Protein 2g		

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

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin hydrochloride), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.



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

2) What is unhealthy about Honey Nut Cheerios?



Frosted Flakes

Nutrition Facts

1 serving per container
Serving size
1 Container (60g)

Calories per serving 220

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

Vit. D 3mcg 15% • Calcium 0mg 0% • Iron 11mg 60% • Potas. 60mg 0%
Thiamin 30% • Riboflavin 30% • Niacin 30% • Vitamin B₆ 30%
Folate 180mcg DFE 45% (110mcg folic acid) • Vitamin B₁₂ 30%

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

Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.
Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D₃, vitamin B₁₂.

1) What do you think is healthy about Frosted Flakes?

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

PREVIEW

Unit Test – Healthy Eating

Multiple Choice

Circle the best answer. Only choose 1 answer!

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

Define

What do the terms below mean?

Term	Definition - What does it mean?
Micronutrients	
Macronut	
Carbohydrates	

Short Answer

Answer 1 question - Each question is worth 3 marks

1) Name 3 macronutrients and tell what they do to keep us healthy?

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

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