



Preview – Information



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- ✓ A selection of Ready-To-Use Google Slides Lessons.
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Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating – Grade 5

3-Part Lesson Format

Part 1 – Minds On!

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

FOOD LITERACY

LEARNING GOAL

We are learning to **understand** food literacy and how healthy food choices affect our bodies and minds so we can **make** healthy choices every day and feel our best.

FOOD LITERACY

WORD SEARCH

Find and circle the healthy food words hidden in the puzzle.

Growth	Vegetables	Brain
Balance	Healthy	Water
Choice	Meals	Snacks
Nutrients	Fruits	Energy

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 food literacy. Say why you picked it and share your answer with the class.

Happy	Surprised	Confused	Excited	Confident



5) Talking with others during meals can make mealtimes better.

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.

E	I	O	E	U	T	I	F	I	R
O	T	N	I	I	N	A	N	O	M
A	I	R	U	F	C	P	E	A	T
L	E	J	A	V	F	I	D	M	O
R	I	C	B	T	N	W	W	R	T

Across

- 4) Keeps body hydrated
- 7) Keeps body strong
- 8) Helps food digest
- 9) Helps body stay healthy

Down

- 1) Stores extra energy
- 2) Helps carry oxygen
- 3) Healthy part of food
- 5) Builds strong bones
- 6) Builds muscles and tissues
- 8) Something we eat

Microbes in your body

Move the letter A or B into the box to show your answer.

	A	B
1 What happens to most water-soluble vitamins?		
A) They stay forever		B) They are flushed out
2 Which vitamin can come from sunlight?		
A) Vitamin D		B) Vitamin C
3 Which food has Vitamin C?		
A) Oranges		B) Candy
4 Why are micronutrients called "micro"?		
A) They are very heavy		B) We need small amounts
5 Where do we get most vitamins and minerals?		
A) Soft drinks		B) Healthy foods
6 Which food is a good source of Vitamin B?		
A) Whole grains		B) Ice cream

Ontario Health Curriculum

Healthy Eating – Grade 5



MACRONUTRIENTS

MACRONUTRIENT SORT

Look at each food picture. Place it under the macronutrient it contains the most.
Sort each food into one of the three groups: **Carbohydrates**, **Protein**, or **Fats**.

Carbohydrates	Protein	Fats





SUGAR

NATURAL OR ADDED SUGAR?

Look at each food or drink. Decide if it contains natural sugar or added sugar.
Place each picture in the correct box.

Natural Sugar	Added Sugar




WORD SEARCH

Find and circle the sodium related words hidden in the puzzle.

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

Soup	Muscles	Balance
Sodium	Water	Salt
Healthy	Health	Label
Mineral	Heart	Nerves





Workbook Preview



Grade 5 – Health Unit

HEALTHY EATING

	Curriculum Expectations	Pages
D2.1	Explain how to use nutrition fact tables and ingredient lists on food labels to make informed choices about healthy and safe foods	6 – 55
D3.1	can be evaluated to help people make healthier choices (e.g., by critically examining the reasons for celebrity endorsements or public personas or the plausibility of product claims, checking whether there is information in an advertisement to verify its claims, asking for information about product ingredients and nutrients, critically examining the reality and healthiness of idealized body images in the media)	17 – 28, 30 – 64

**Preview of 60 pages from
this product that contains
113 pages total.**

NAME: _____

Healthy Eating



Food Literacy and Mental Health

What is Food Literacy?

Food literacy means you understand how food affects your physical and mental health. When you understand how food energizes your body, you have food literacy that will allow you to live longer and be happier.

Food Literacy Main Points

There are four concepts involved with food literacy. Some key concepts are summarized below.

- 1) Food's Energy** – Food is measured in calories, which is just another word for energy. When you are an active person, you will need to eat more food because you need more energy. Different foods have different numbers of calories.
- 2) Choose Quality Energy** – You can choose to energize your body with many different foods. However, if you owned an expensive sports car, it is likely you would put the best gas in the gas tank. Well, the same applies to your body. If you eat food with more vitamins and minerals, your body will perform better.
- 3) Better Mood** – Processed food and sugars can lead to inflammation in the body and brain, and this leads to mood disorders, like anxiety and depression. While sugary foods and fast foods will make us happy in the moment, but will stress us out later. Foods high in fatty acids, like salmon, nuts, and seeds are great for your brain. Also, fruits and vegetables boost our mental health by giving us important vitamins and minerals our bodies need.
- 4) Mindful Eating** – We should be thinking about how we feel when we eat and what we are eating. When we plan our meals, we do a better job at fitting in treats we like, but also important vitamins and minerals our bodies need. We also do not overeat or undereat if we are thinking while we eat. Try to avoid eating in front of the television or while doing something else!



Name: _____

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Curriculum Connection
D2.1

True or False

Is the statement true or false

1) Food is energy and is measured in calories.	True	False
2) Your body will feel the same with any type of energy you choose.	True	False
3) Eating healthy foods can cause anxiety and depression.	True	False
4) Eating affects our physical and mental health.	True	False
5) Mindful eating means not thinking while we eat.	True	False

Question

Use information from the text to support your answer

1) Why is mindful eating important?

2) What have you fueled your body with today?

Making Connections

Do you understand food literacy? Explain.

Activity - "Fuel Your Mind" Interview

Objective What are we learning about?

Help students understand how food choices affect energy, mood, and mental health by interviewing a classmate about their eating habits and food awareness.

Materials What will you need for the activity?

- Notebook for taking notes
- Interview questions guide (provided by the teacher)
- Optional: chart paper for sharing responses



Instructions How will you complete the activity?

1. Begin by reviewing the meaning of food literacy and how it affects both physical and mental health. Discuss how energy and mood are influenced by what we eat.
2. Pair students randomly or allow them to choose partners. Ensure each student understands the purpose of the interview.
3. Distribute the interview questions guide and explain that students should ask thoughtful and respectful questions.
4. Each student interviews their partner about their daily food choices, mood, and eating habits. Encourage detailed responses.
5. After both students finish interviewing, allow time for partners to share one important insight they learned.
6. Conclude with a class discussion about how mindful eating and quality food choices can improve mental health and overall well-being.

Interview Questions

Introduction Questions

- What is one meal you usually eat in a day?
- How does that meal make you feel afterward?

Food and Energy:

- What foods give you the most energy during the day?
- Have you ever felt tired after eating certain foods? Why do you think that happens?

Food and Mood:

- How do sugary or processed foods make you feel later in the day?
- What foods help you feel focused, or happy?

Quality Energy

- Do you think your meals include enough fruits, vegetables, or whole foods?
- What changes could improve your energy or mood?

Mindful Eating

- Do you usually eat while watching TV or using your phone?
- How might eating more mindfully improve your mood or digestion?

Reflection

What did you learn about how food affects mental health based on your classmate's answers?

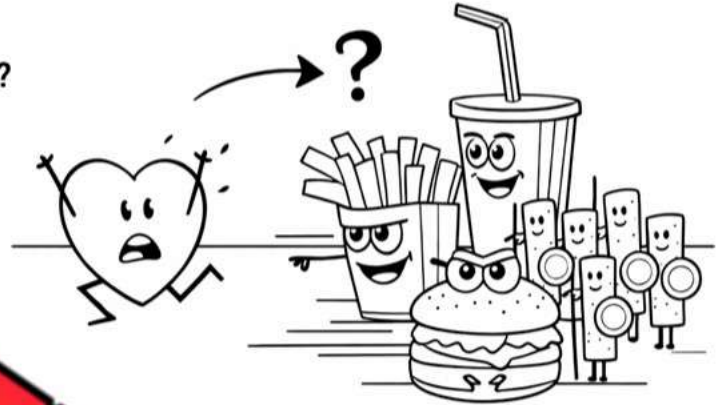
Healthy Eating

What is Healthy Eating

Eating healthy is when we make food choices that make us healthy and reduce the risk of getting nutrition related chronic diseases. Good nutrition is important to keep people healthy from birth throughout their whole life.

What are Nutrition Related Chronic Diseases?

Cardiovascular Disease - is a group of problems that occur in the heart and blood vessels, working the way they should. Leading cause of death in Canada.



Diabetes - is a disease that affects how the body uses glucose. Glucose is a sugar that is the body's main source of fuel.

Hypertension (High Blood Pressure) - is when the pressure of the blood pushing on the blood vessel walls is too high. When someone has hypertension, their heart must work harder.

Stroke - a stroke happens when blood flow to the brain is cut off for a second.

Cancer - most common cancers with a link to diet are uterine cancer, breast cancer, and colorectal cancer.

Obesity - is when someone has more body fat than is healthy.

Canada's New Food Guide

Canada's New Food Guide was created to give Canadians the most current evidence-based information on how to prepare and eat foods that will help them stay healthy. It includes information about enjoying food. It also gives information about how our food choices affect the environment.



True or False

Is the statement true or false?

1) Obesity is a nutrition related chronic disease.	True	False
2) Heart disease is not related to what we eat.	True	False
3) Eating healthy can help us avoid some chronic diseases.	True	False
4) How we cook foods has no effect on how healthy it is.	True	False
5) Canada's new Food Guide has information about how food choices affect the environment.	True	False

Visualize

Draw a healthy and an unhealthy meal in each plate.

HEALTHY PLATE

UNHEALTHY PLATE

Questions

Answer the questions below.

1) Why do you think learning about healthy eating is important?

2) What could you do at home to encourage 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	$\frac{1}{2}$ (half) of your plate	$\frac{1}{4}$ of your plate	$\frac{1}{4}$ of your plate
Tip	- Choose darker green vegetables - Drink juice with no added sugar	- Choose whole grain options instead of grains that have been processed	- Select plant based proteins and lean meats
Examples	- Broccoli, spinach, apples - Don't eat food with added sugar	- Bread, pita, oatmeal, cereal, rice, pasta, quinoa	- Beans, lentils, nuts, seeds, lean meats and poultry, fish, shellfish, eggs

Have plenty of
vegetables and fruits

Choose protein foods



Choose
whole grain
foods

Name: _____

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Curriculum Connection
D2.1

Canada's New Food Guide

Questions

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

Eat plenty of _____
and _____

Eat _____ foods



Make _____
your drink of
choice

PREVIEW

Choose _____
_____ foods

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

Day	Vegetables and Fruits	Protein	Grains	Yes	No
1	8	4	16	Yes	No
2	10	5	5	Yes	No
3	14	7	7	Yes	No
4	2	12	8	Yes	No
5		7.5	7.5	Yes	No
6			16	Yes	No
7	19	1	10.5	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	22		
2		12	
3			15
4	30		
5		8.5	
6			11.5

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	Apples	Vegetable	Fruit	Protein	Grain
5	Carrots	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

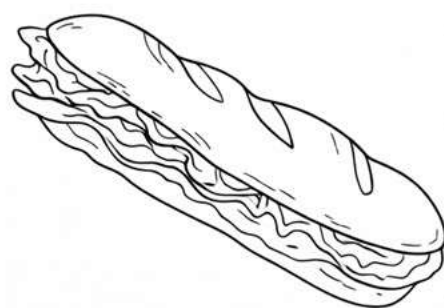
Canada's New Food Guide – Food Categories

Food Groups

Examine the meals below and write which food categories are represented

Meal	Proteins, Fruits and Vegetables, and Grains	
	Ex. Burger – Protein	Ex. Bun – Grains

Meal	Proteins, Fruits and Vegetables, and Grains	
		

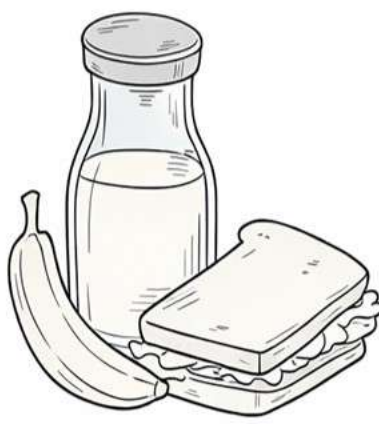
Meal	Proteins, Fruits and Vegetables, and Grains	
		

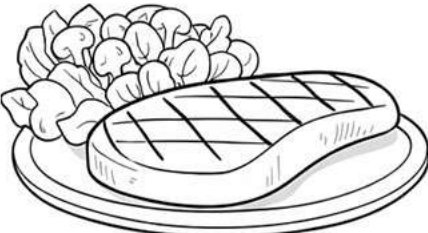
Canada's Food Guide – Food Categories

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?	

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	What could you add to this lunch to balance the meal?	

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 at Home - When you prepare food at home, you are eating less processed foods. When you cook at home, you have control of the ingredients and sauces, which often contain extra sodium and empty calories. You can choose healthy ingredients in the proportion 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 and friends. Put away devices at mealtimes so you have a chance to talk to the people 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.

Summarize

Explain each of the recommendations in one sentence each

Be Mindful	
Cook More Often	
Enjoy Food	
Eat With Others	
Use Food Labels	
Limit Sugar, Sodium, Fat	
Understand Food Marketing	

Why does the new food guide say healthy eating is more than just the food we eat?

Canada's Food Guide Recommendations

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 adds new flavours in his dinner to his mom	Yes	No
5) Every time Quinn goes to work, she treats herself to fast food	Yes	No
6) Finn only eats pizza as a treat once a week	Yes	No
7) Rowan always gets her dinner from a bakery in 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 and her friends eat	Yes	No
10) Ivy reads the ingredient list so she knows what is in the food	Yes	No

Reflection

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

New Food Guide Activities

True or False

Is the statement true or false

1. Darker green vegetables are not as good for you.	True	False
2. Red meat has more fat in it.	True	False
3. Leaner meats include chicken and fish.	True	False
4. Half of your plate should be grains.	True	False
5. Processed grains have the nutrients of a whole grain.	True	False
6. White bread contains more nutrients than whole grain bread.	True	False
7. Fruit juice is a healthy drink because it has fruit in it.	True	False
8. You should drink at least 3 cups of milk or other dairy products every day.	True	False

Matching

Draw a line from the food item to the category and then write your own example.

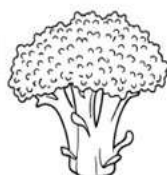
Fruits

Vegetables

Grains

Meat Protein

Plant-Based Protein



Spinach _____

Exit Cards

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

Name: _____

Circle YES or NO based on the situation.

1) Mindful eating means thinking about your food.	Yes	No
2) Cooking at home is healthier.	Yes	No
3) Processed foods are recommended.	Yes	No
4) Food labels help you choose better foods.	Yes	No

Name: _____

Circle YES or NO based on the situation.

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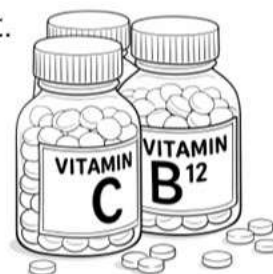
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Micronutrients

Micronutrients are the vitamins and minerals our bodies need to grow, keep us from getting sick, give us energy, and keep the fluids in our bodies in balance. Your body needs a small amount of vitamins and minerals compared to macronutrients, which is why they are called micronutrients. Micro means small. The main source of vitamins and minerals is our food, however we can get vitamin D from sunlight.

There are two types of vitamins. Some vitamins dissolve in water. They are not easily stored in the body and are flushed out with urine. That is why it is important to eat healthy foods that provide the nutrients you need every day.



Not every food has every vitamin and mineral. For instance, we get Vitamin B1 from whole grains, meat, and eggs. We get Vitamin C from citrus fruits, bell peppers and brussels sprouts. We need these vitamins every day. We need to eat a variety of foods to make sure we get what we need.

	Water Soluble Vitamins	Fat Soluble Vitamins	Minerals
Definition/ Characteristics	Dissolve in water, are not stored in the body, are flushed away each day	Do not dissolve in water, they are absorbed when consumed with fat. They can be stored in your liver	Minerals are found in food. They are needed to develop and function normally
Examples and Purpose	Vitamin B, Vitamin C Produce energy, makes red blood cells	Vitamin A, D, E, K Helps vision, helps keep you from getting sick	Calcium, potassium, iron, sodium. Helps build bones and teeth, helps keep fluids in the body in balance
Examples Of Foods High In Each Micronutrient	Breads, cereals, pasta, rice, eggs, milk, meat citrus fruit, vegetables	Liver, dairy, fish, sweet potatoes, carrots and spinach	Meat, chicken, eggs, milk, nuts, beans, legumes, cheese, green vegetables, potatoes with skins

True or False

Is the statement true or false?

1) Micronutrients are vitamins and minerals.	True	False
2) Vitamins and minerals keep the body unhealthy.	True	False
3) We need different foods to get all vitamins and minerals.	True	False
4) Eating different foods gives you needed vitamins and minerals.	True	False
5) Sunlight help our bodies produce vitamin D.	True	False

Micronutrients Check

Circle Yes or No for your answers.

1) Liam eats oranges to get vitamin C.	Yes	No
2) Ava only eats candy and never eats fruit.	Yes	No
3) Noah drinks milk to help build a strong body with calcium.	Yes	No
4) Emma eats spinach and carrots with dinner.	Yes	No
5) Lucas skips vegetables and fruits at mealtime.	Yes	No

Questions

Answer the questions below using evidence from the text.

1) What are micronutrients?

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

Activity – Micronutrient Detective

Objective

What are we learning about?

Students will identify which micronutrient is needed based on body situations and explain why it is important.

Materials

What will you need for the activity?

- Scenario cards
- Board
- Markers



Instructions

How will you complete the activity?

1. Label three areas of the classroom: Water-Soluble Vitamins, Fat-Soluble Vitamins, and Minerals. You may post signs or write them on the board.
2. All students begin standing in the center of the room.
3. The teacher will read one scenario card aloud. Listen carefully and think about which micronutrient the body needs in that situation.
4. When you have decided, move and stand in the area that represents your answer: Water-Soluble, Fat-Soluble, or Mineral.
5. Once you are in your chosen area, discuss with the other students in your group why you selected that answer and identify the specific vitamin or mineral that fits the situation.
6. A volunteer from each group will explain the group's reasoning to the class.
7. The teacher will then reveal the correct answer and provide a short explanation.

Scenario

Cut each scenario card.

Anna feels tired and weak most of the time.

Tom struggles with nerve problems and low energy.

Marco catches colds very often.

Ella gets infections easily.

Her bones break easily.

Mark's doctor says his blood lacks enough red blood cells.

Ben has difficulty sleeping at night.

Amy experiences bone pain and weakness.

Carla's gums bleed when she brushes her teeth.

Ryan feels tingling in his hands and feet.

Josh feels dizzy and low in energy.

His body has trouble absorbing calcium.

Mia's wounds heal slowly.

Her skin needs better hydration.

Leo's teeth are not developing strongly.

Sarah has frequent bruising.

Sam often feels muscle weakness.

Daniel bruises easily and takes longer to stop bleeding.

Nina has very dry skin and poor eyesight.

Grace has weak muscles and feels cramps often.

Paul rarely goes outside and avoids sunlight.

Ivan feels constantly exhausted despite sleeping well.

Kara feels extremely tired during physical activities.

Hannah's immune system seems weak during flu season.

Handout

Micronutrient Quick Guide

Micronutrients are vitamins and minerals our bodies need in small amounts to grow, stay healthy, and function properly. They do not give energy like carbohydrates, fats, and proteins, but they help our bodies use energy correctly.

Water-Soluble Vitamins

These vitamins dissolve in water and are flushed out of the body through urine if not used.

Vitamin B Complex

- Helps produce energy from food
- Helps make red blood cells
- Supports brain and nerve function
- Helps reduce tiredness

Vitamin C

Strengthens the immune system
Helps wounds heal faster
Keeps gums healthy
Helps the body absorb iron

Fat-Soluble Vitamins

These vitamins are stored in the liver and body fat, so we do not need them every day.

Vitamin A

- Helps with night vision
- Keeps skin healthy
- Supports immune

Vitamin D

- Helps absorb calcium
- Builds strong bones and teeth
- Supports muscle function

Vitamin E

- Protects body cells from damage
- Supports healthy skin
- Helps immune function

Vitamin K

- Helps blood clot properly
- Supports bone health

Minerals

Minerals are elements found in food that help our bodies grow and function normally.

Calcium

Builds strong bones and teeth
Helps muscles move
Supports heart function

Iron

Carries oxygen in the blood
Prevents anemia
Helps reduce fatigue

Potassium

Helps muscles contract
Supports nerve signals
Maintains healthy blood pressure

Sodium

Maintains fluid balance
Helps nerves and muscles function

Zinc

Helps wounds heal
Supports immune system
Helps growth and development



Micronutrients - Vitamins

Describe

Check out the different vitamins and what each vitamin does for our body



Micronutrients - Vitamins

Explain

What are the benefits of each vitamin? What are some examples of each?

Vitamin	Benefits	Examples
Vitamin A		
Vitamin B ₁		
Vitamin B ₂		
Vitamin B ₃		
Vitamin B ₅		
Vitamin B ₆		
Vitamin B ₇		
Vitamin B ₉		
Vitamin B ₁₂		
Vitamin C		
Vitamin D		
Vitamin E		
Vitamin K		

True or False

Is the statement true or false?

1) Vitamins are micronutrients our bodies need in small amounts.	True	False
2) Vitamin C helps support the immune system.	True	False
3) All vitamins are produced naturally by the body.	True	False
4) B vitamins help the body produce energy.	True	False
5) Eating a variety of fruits and vegetables helps you get vitamins.	True	False

Malnutrition
Connecticut

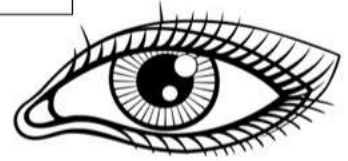
What vitamin-rich foods do you eat at home? Which fruits or vegetables provide you important vitamins? Does your family drink milk or eat eggs? Why are these foods important?

Matching

Match each statement to the correct vitamin.

1. Helps your body fight sickness	☐	☐	Vitamin A
2. Helps with vision and eye health	☐	☐	Vitamin B
3. Helps make red blood cells	☐	☐	Vitamin C
4. Helps with strong bones	☐	☐	Vitamin D
5. Helps with healthy skin	☐	☐	Vitamin E

Micronutrients - Vitamins

**Question**

Answer the questions below

1) a) Which vitamins help with eyesight?

b) What can you eat to help your eyesight?

2) a) Which vitamins help your blood/heart?

b) What can you eat to help your blood/heart?

3) a) Which vitamins help with memory?

b) What can you eat to help your memory?

4) a) Which vitamins prevent cancers?

b) What can you eat to prevent cancers?

5) a) Which vitamins help your immune system?

b) What can you eat to help your immune system so you do not get sick as often?

6) a) Which vitamins strengthen bones?

b) What can you eat to strengthen your bones?

Micronutrients - Infographic



Questions

Answer the questions below

1) What did you learn from the infographic?

2) What do you like about this infographic?

3) What could the author have done better?

Macronutrients

Macronutrients are the main nutrients that make up our food. Macro means large, while micro means small. There are 3 macronutrients and a lot of micronutrients that are in our food. The 3 macronutrients are explained in the table below.

	Carbohydrates	Protein	Fats
Definition	Carbohydrates are the sugars, starches and fibre found in food	Protein repairs cells so we can stay healthy	Fats are a nutrient that provide our body with energy
Purpose	Carbohydrates are the main source of energy for the body. They are broken down into glucose, which is used by the body for energy.	Protein should be eaten so we can repair muscle damage that occurs from exercise	Healthy fats can contribute to a healthy heart and brain.
Calories Per Gram	4	4	9
Examples of Foods High in Each Macronutrient	Breads, cereals, pasta, rice, fruit, vegetables	Meat, fish, eggs, nuts, legumes, soy, milk, cheese, milk	Oils, red meat, whole milk, avocados, nuts, cream, cheese

Questions

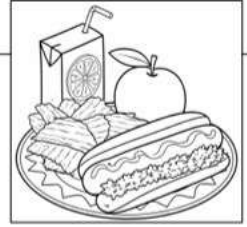
Answer the questions below

1) Claire ate a sandwich with 20 grams of carbohydrates, 5 grams of protein and 10 grams of fat. How many calories did she eat?

2) What food can you think of that would have a balance of all 3 macronutrients? Explain.

3) Are all fats bad for us? What kinds of foods are high in fat and are healthy?

Macros Continued



Scenarios

Answer the questions below

1) It is track day at your school. You are running the 400m race! Which macronutrient will you eat the morning of your race? What foods would you choose?

2) You are a young person with a rapidly growing brain. What macronutrient should your parents feed you? What foods would you want?

3) Your basketball tournament is over but you can't walk. Your legs are so tired. What macronutrient should you eat a lot of? Which foods would you choose?

Multiple Choice

Circle the correct answer

1) You ate 4 grams of healthy fat tonight. How many calories did you eat?

- a) 24
- b) 39
- c) 36
- d) 45



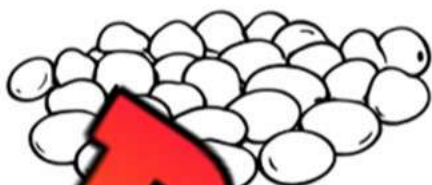
2) Nuts and red meats are high in which two macronutrients?

- a) fat, protein
- b) fat, carbohydrates
- c) protein, carbohydrates
- d) all of the above

Macronutrients - Foods

Directions

Circle the macronutrient that the food has the most of



Carbohydrate

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein



Carbohydrate

Fat

Protein

Grocery Basket Challenge: Macronutrients

Objective

What are we learning about?

Students will build a balanced food basket that includes all three macronutrients: carbohydrates, proteins, and fats.

Materials

What will you need for the activity?

- Printed food cards
- Basket drawn on paper
- Markers
- Glue or tape



Instructions

How will you complete the activity?

1. Divide the class into small groups. Each group will receive a worksheet and a list of food options.
2. Each group must choose only eight foods to place in their basket.
3. The basket must include at least two sources of carbohydrates, one source of protein, and three sources of healthy fats.
4. After selecting their eight foods, groups will label each food according to its main macronutrient: carbohydrate, protein, or fat.
5. When finished, groups will present their basket and explain how it is balanced.
6. If a group misses one macronutrient category, points will be deducted.
7. The group with the most balanced and correctly labeled basket wins the challenge.

Food Item

Cut out each food item.

Carbohydrates



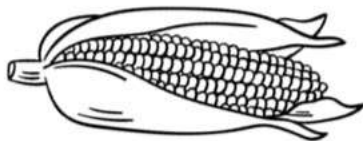
Proteins



Healthy Fats



PREVIEW



Coconut



Nutrients

Word Bank

Vitamins Fat Minerals Carbohydrates Iron C
Perform B Empty Protein Potassium Calcium



Fill in the Blanks

Use the word bank to fill in the blanks

Micronutrients are _____ and _____ our body needs to survive. All foods are made up of the 3 macronutrients: _____, _____, and _____, but not all foods have micronutrients. Foods that do not have vitamins and/or minerals are called _____ calories. _____ to a food too many empty calories because they do not help our body _____ properly. Some examples of vitamins are: vitamin _____ and vitamin _____. Common examples of minerals are _____, _____, and _____.

Directions

Read the foods below and label them either Vitamin (V), Mineral (M) rich foods, or Empty Calories (E)

Foods	V, M, E
Banana	
Steak	
Lollypop	
Oranges	

Foods	V, M, E
Donuts	
Whole Grain Cereal	
Chicken	
Fruit Juice	

Carbohydrate: Fibre

Background

Making good food choices can be complicated! One easy way to make a healthy choice is to pick foods high in fibre. Fibre rich foods are generally complex carbohydrates, which make us feel full longer, and give a longer boost of energy for our daily life. Complex carbohydrates are found in whole plant foods, like apples, sweet potatoes and beans. They are also found in whole grains like oatmeal, barley and quinoa, and in whole grain bread. Simple carbohydrates, tend to offer less fibre and give us a quick and short boost of energy that often leads to a sugar crash. Fibre also helps pass food through our digestive system.



True or False

Is this statement true or false?

1) Fibre is usually found in simple carbohydrates like candy.	True	False
2) Fibre is a carbohydrate.	True	False
3) Higher fibre and lower sugar content usually means a healthier choice.	True	False
4) Fibre makes you feel constipated.	True	False
5) Fibre rich foods are usually found in complex carbohydrates.	True	False
6) Fibre rich foods make us feel fuller longer.	True	False
7) Cookies, white bread, pretzels, and candy are all fibre rich foods.	True	False
8) Whole grain cereals, brown breads, vegetables, and fruits are fibre rich foods.	True	False

Reflect

Which simple carbohydrates do you eat the most? What fibre rich food could you start eating more?

Name: _____

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Curriculum Connection
D2.1

Vegetables

Word Bank

Pepper

Cucumber

Broccoli

Tomato

Radish

Onion

Eggplant

Carrot

Cabbage

Pumpkin

Corn

Crossword

Fill in the crossword below with the words from the word bank

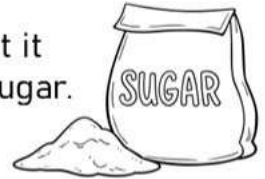


Sugar

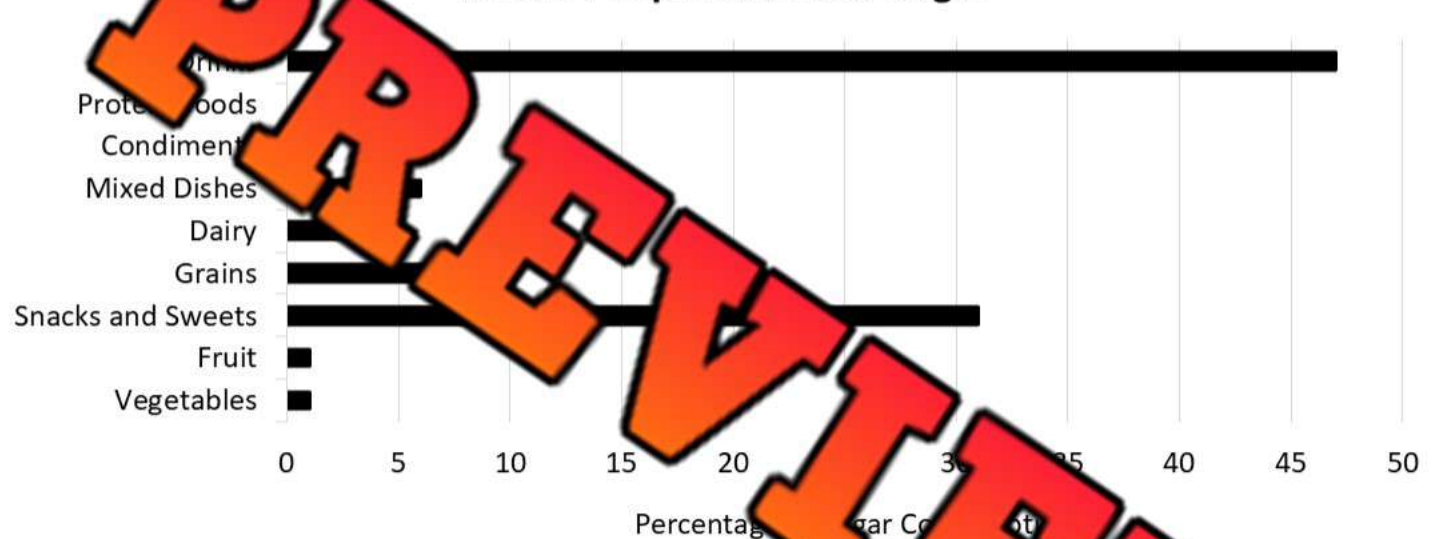
You're Sweet Enough!

Sugar can be found naturally in fruits and vegetables (especially fruits), but it can also be extracted from sugarcane and processed into refined (white) sugar.

All sugar falls under the carbohydrate macronutrient because it gives us energy. Refined sugar offers **zero** nutrients or fibre, making it **empty calories**. These calories will not fill you up, and will make you feel like eating more! This has led to obesity issues in Canada.



Where People Get Their Sugar



Questions

Answer the questions below

1) What did you learn from the graph?

2) Canada's New Food Guide recommends we choose water as our drink of choice. After looking at the graph above, why do you think they recommend water?

3) Where do you think most of your sugar consumption comes from?

Name: _____

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Curriculum Connection
D2.1

Sugar

Common Manufacturing Names for Added Sugar

Dextrose	Sucrose	Maltose	Date Sugar	Fruit Puree
Fructose	Fruit Juice Concentrate	Molasses	Stevia	Brown Rice Syrup
Evaporated Cane Juice	Natural Sweetener	Corn Syrup	High Fructose Corn Syrup	Acesulfame potassium
Sucralose	Aspartame	Maltodextrin	Agave Nectar	Honey

Questions 1-4 are questions below



1) Why would consumers use different names and types of sugar?

2) What foods are most likely to contain added sugar? List at least three.

3) Some of the sugars above are artificial sweeteners. What do you think about them? Are they healthier because they have no calories?

4. Not all sugar is bad for us. Which sugars do we not need to avoid?

Sugar – Fact or Myth

There is a lot of misinformation out there about sugar! Read the following information and circle **Fact** if you think it's true, and **Myth** if you think it's not true.



Information	Fact	Myth
1) There is a condition known as soft teeth that lead to cavities.	Fact	Myth
2) Half of the sugar we consume comes from drinks.	Fact	Myth
3) Diet drinks are healthier because they have zero calories.	Fact	Myth
4) Fruit is healthy because it has a lot of sugar in it.	Fact	Myth
5) Every 1 gram of sugar has 4 calories.	Fact	Myth
6) Fruit is high in sugar so it must have many calories.	Fact	Myth
7) Sugar consumption does not depend on a person's exercise habits.	Fact	Myth
8) Sugar is a simple carbohydrate which provides energy for the body.	Fact	Myth
9) Sport drinks are healthier than fruit juice.	Fact	Myth
10) Drinks with the word "fruit" are healthier than other drinks.	Fact	Myth
11) Too much sugar can increase the risk of tooth decay.	Fact	Myth
12) Brown sugar is much healthier than white sugar.	Fact	Myth
13) The body needs some sugar to function properly.	Fact	Myth
14) Eating too much added sugar may lead to weight gain.	Fact	Myth
15) Natural sugars in milk and fruit are the same as added sugars in candy.	Fact	Myth
16) Reading nutrition labels can help you control sugar intake.	Fact	Myth
17) Honey and maple syrup are sugar sources.	Fact	Myth
18) Drinking water instead of sugary drinks helps reduce sugar intake.	Fact	Myth
19) Sugar can be hidden in processed foods like sauces and bread.	Fact	Myth
20) Cutting all carbohydrates is the best way to avoid sugar.	Fact	Myth

Sodium

What is Sodium

Sodium is a mineral found in our food. Salt is a combination of sodium and chloride that we add to food. Salt is added to food to improve the taste and as a preservative. Health Canada recommends that we consume between 1500 and 2300 milligrams per day or about 1 teaspoon of salt, but the average Canadian consumes 3400 milligrams per day.

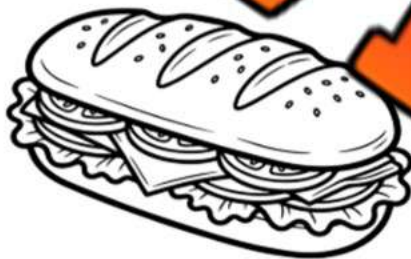
What Does Sodium Do in Our Bodies

We need sodium to balance the water levels in our bodies. Sodium is also needed for nerve and muscle function. Consuming too much sodium it causes swelling in our cells from too much water being held. This leads to increased pressure in our arteries and leads to high blood pressure. High blood pressure is a risk factor for heart disease.

Where Do We Get the Most Sodium From Our Food

There are lots of foods that have high levels of sodium. Some examples include:

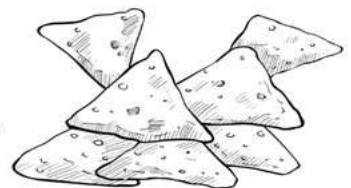
- Bread
- Pizza
- Soups
- Cheese
- Breakfast cereals
- Cold cuts and cured meats
- Savoury snacks, chips, popcorn, crackers, pretzels



How Can We Follow Canada's New Food Guide and Reduce Our Sodium Intake

We can reduce our salt intake by:

- Eating more fresh food such as fruits and vegetables and fresh meat, poultry and fish.
- Choose reduced salt varieties of your favourite foods.
- Cut back on packaged snack foods and takeout meals.
- Avoid adding salt when cooking and remove salt from the table.
- Reduce your use of gravy, soy sauce and bottled sauces.



True or False

Is the statement true or false?

1) Sodium is a micronutrient.	True	False
2) Most Canadians consume more salt than is recommended.	True	False
3) Cheese does not have much salt in it.	True	False
4) Eating lots of fruits and vegetables helps us reduce salt intake.	True	False
5) Soup is a good choice when we are trying to reduce salt.	True	False

Summary

Write the main idea of the reading and supporting details.

Directions

Put a check (✓) in the box beside the foods that are high in sodium.

☐ Mac and Cheese	☐ Fast Food Combo	☐ Veggie Omelette	☐ Chicken Wrap
☐ Quinoa Bowl	☐ Fruit and Yogurt Bowl	☐ Pizza and Wings	☐ Chicken Salad
☐ Instant Noodles Meal	☐ Homemade Vegetable Soup	☐ Nacho Plate	☐ Processed Lunch
☐ Tuna Salad	☐ Canned Soup Meal	☐ Peanut Butter Banana Sandwich	☐ Baked Potato with Vegetables

Munch or Trash: Sodium Edition

Objective

What are we learning about?

Students will identify foods that are high in sodium and distinguish them from healthier, lower-sodium options.

Materials

What will you need for the activity?

- Food pictures (or food items)
- Large plate (or "Munch")
- Large trash bin (or "Trash")
- Glue or tape



Instructions

How will you complete the activity?

1. Look carefully at each food item shown in the activity. Take your time to observe what type of food it is and think about whether it is fresh or processed.
2. Decide which foods are healthier choices that are low in sodium and eaten more often, and which foods are high in sodium and eaten sometimes or in small amounts.
3. Cut out each food picture neatly along the edges.
4. Sort the foods into two groups based on your decision.
5. Place or glue the healthier, lower-sodium foods on the plate labeled "Munch."
6. Place or glue the high-sodium foods in the trash bin labeled "Trash."
7. After you finish sorting, be prepared to explain why you placed each food in its category. During the class discussion, share your reasoning and listen to your classmates' ideas.

Munch or Trash: Sodium Edition

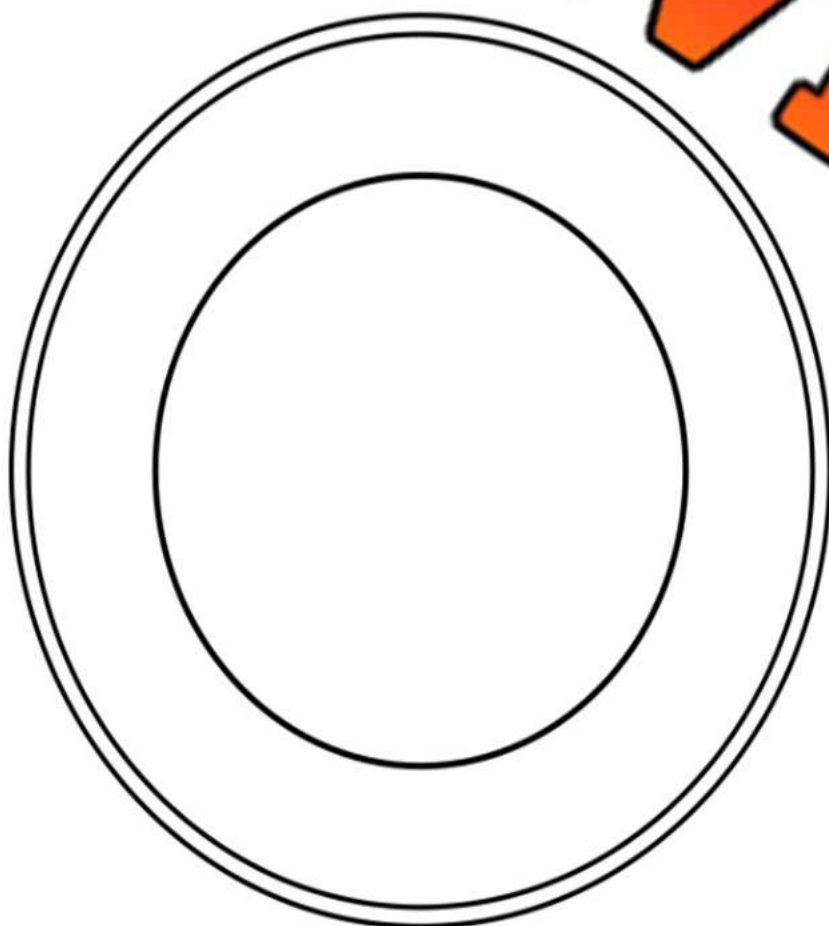
Instructions

Sort the foods below.

French fries	Lettuce	Potato chips	Soda	Fresh fish
Hotdog	Egg	Spinach	Plain yogurt	Avocado
Carrots	Soy sauce	Ham	Canned soup	Hot sauce
Bananas	Pepper	Milk	Fresh chicken	Tomatoes
cashew nuts	Instant noodle	Nachos	Pickles	Processed cheese

Munch

Trash



Fats

Fats

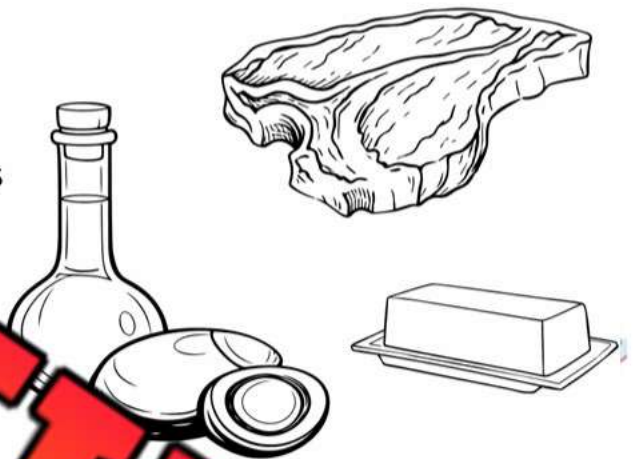
Fats are nutrients that provide us with energy. Fats also help with the absorption of vitamins including Vitamin A. Eating fats helps us feel full, which stops us from eating too much. The membranes or walls of our cells and our hormones are made of fats, so we need to have fats in our diet. Fats are 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, butter and hard cheese. Coconut oil and coconut oil are also saturated fats and are used in making pastries.



Unsaturated Fats are found in olive oil, soybean oil, canola oil, corn oil, flaxseed oil 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

Answer 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

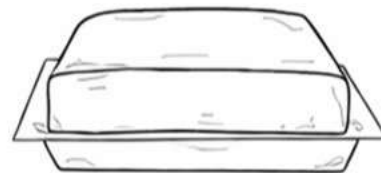
Circle the correct answer



Saturated Unsaturated



Saturated Unsaturated



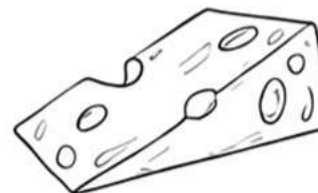
Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated



Saturated Unsaturated

Soybeans

Saturated Unsaturated

Peanut Butter

Saturated Unsaturated



Saturated Unsaturated

Exit Cards

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

Name: _____

Arrange the steps to choose healthy fats.

Choose healthy fats like nuts, olive oil,	
Limit saturated fats like butter and processed meats.	
Read food labels to check fat content.	
Include small amounts of healthy fats in your meals.	
Keep your heart healthy by balancing your fat intake.	

Name: _____

Arrange the steps to choose healthy fats.

Choose healthy fats like nuts, olive oil, and fish	
Limit saturated fats like butter and processed meats.	
Read food labels to check fat content.	
Include small amounts of healthy fats in your meals.	
Keep your heart healthy by balancing your fat intake.	

Name: _____

Arrange the steps to choose healthy fats.

Choose healthy fats like nuts, olive oil, and fish	
Limit saturated fats like butter and processed meats.	
Read food labels to check fat content.	
Include small amounts of healthy fats in your meals.	
Keep your heart healthy by balancing your fat intake.	

Name: _____

Arrange the steps to choose healthy fats.

Choose healthy fats like nuts, olive oil, and fish	
Limit saturated fats like butter and processed meats.	
Read food labels to check fat content.	
Include small amounts of healthy fats in your meals.	
Keep your heart healthy by balancing your fat intake.	

Nutrition Labels

Background

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

Nutrition Facts

8 servings per container
Serving size _____ (55g)

Amount per 2/3 cup

Calories

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

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

What's on the Labels?

- Serving size

Nutrition Facts

Serving Size 1 (44g)

Amount Per Serving

Calories 96

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

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

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

1) Why do you think it is the law that companies have to include a nutritional label on their products?

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

Ingredient List

Did you know?

Companies must also include an ingredient list on their food products. The ingredient list is the secret to finding healthy food because sometimes the nutritional label can be misleading.

Diet Pop

Nutrition Facts

Serving Size (355ml)

Amount Per Serving

Calories 0

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g

Sugars 0g

Protein 0g

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Which one is healthier? Why?

Regular Pop

Nutrition Facts

Serving Size (355ml)

Amount Per Serving

Calories 150

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 41g 14%

Dietary Fiber 0g 0%

Sugars 41g

Protein 0g 0%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The diet pop looks like the better option, however, take a look at the ingredient list. Which pop do you think is the healthier option (no pop is always healthy)?

Diet Pop

Ingredients: Carbonated Water, Colour (Caramel E150d), Acids (Phosphoric Acid, Citric Acid), Flavourings (including Caffeine), Sweeteners (Aspartame, Acesulfame K), Acidity Regulator (Sodium Citrate), Preservative (Potassium Sorbate). Contains A Source Of Phenylalanine.

Regular Pop

Ingredients: carbonated water, high fructose corn syrup, caramel color, sugar, phosphoric acid, caffeine, citric acid, and natural flavors



Which pop do you think is healthier? Why?

Food Comparisons



Plain Greek Yogurt

Nutrition Facts

4 servings per container

Serving size 4 (100g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 90mg 4%

Total Carbohydrate 30g 6%

Dietary Fiber 1g 0%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 23g 46%

Vitamin D 0mcg 0%

Calcium 325mg 25%

Iron 0mg 0%

Potassium 376mg 8%

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

Which Would You Choose? Why

Strawberry Yogurt

Nutrition Facts

4 servings per container

Serving size 4 (100g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 25g 9%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 0mg 0%

Potassium 470mg 10%

Vitamin C 15%

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

White Bread

Nutrition Facts

23 servings per container

Serving size 1 Slice (30g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.36mg 2%

Potassium 0mg 0%

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

Which Would You Choose? Why

Whole Wheat Bread

Nutrition Facts

23 servings per container

Serving size 1 Slice (30g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

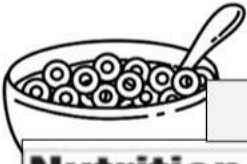
Calcium 26mg 2%

Iron 0.9mg 4%

Potassium 0mg 0%

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

Food Comparisons



Honey Nut Cheerios

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with $\frac{1}{4}$ cup skim milk
Calories	110	150
Calories from Fat	5	15
Total Fat 1.5g	3%	12%
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 (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin hydrochloride), folic acid, Vitamin B₁₂, Vitamin D₃.

THIS ALMOND MAY CONTAIN
INGREDIENTS



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) Are there any ingredients that are healthy? If so, which ones?

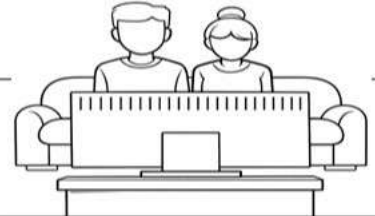
2) Which ingredients do you not want to eat in Frosted Flakes?

Media – Food Choices

Did you know?

The media affects our food choices in many ways! Advertisements are created to persuade us to buy a certain product. The food industry creates these ads to get us to buy their product, regardless of whether it is a healthy choice or not!

Advertising is not only done in ads. Movies and television shows are sometimes paid for product placement. That means you see the person in the show, using or consuming a product, or going to a certain restaurant or store, and it makes the viewer want to do the same.



Question

What do you know?

1) Can you think of a food industry gets us to buy their product?

2) Do you think celebrities should endorse food choices?

3) Do you think they even use the product they are endorsing?

4) Why do these companies use tricks to get us to buy their product?

5) What can we do to make healthy choices?

Assignment: Food In the Media

Background

The media plays a large role in selling food. Sometimes celebrities endorse great products that they use themselves, however, most of the time they endorse products they never use just to make money.



Instruction

Do some research to find out which celebrities are selling products they may or may not use. Use your inferencing skills to determine if it is likely the celebrity sells the product.



For example, An NBA star is unlikely to drink soda on a regular basis, especially since he didn't even drink it in the commercial.

Steps:

- 1) Find a food company that uses a celebrity in an advertisement (commercial, magazine ad, internet ad, etc..)
- 2) Answer the questions below using: PowerPoint, Question sheet, or Poster. Be sure to include pictures if doing a PowerPoint or Poster

Answer the following questions

- 1) What is the brand/product that is being advertised?
- 2) Which celebrity is selling the product?
- 3) Do you think this celebrity uses the product? How do you know?
- 4) Why did they choose to endorse this product?
- 5) Does this advertisement make you want to buy the product? Why or why not?
- 6) Do you think other kids might be tempted to buy this product because of this ad? Is that fair?



Name: _____

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Curriculum Connection
D3.1

Question Sheet

Questions

What do you know?

1) What is the brand/product that is being advertised?

2) Which Company is selling the advertisement

3) Do you think you have ever used this product? How do you know?

4) Why did they choose to endorse this product?

5) Does this advertisement make you want to buy the product? Why or why not?

6) Do you think other kids might be tempted to buy this product because of this ad? Is that fair?

Unit Test: Healthy Eating

Multiple Choice

/10

1. Which of the following is not part of the new Canadian food guide? a) Protein b) Fruits and Vegetables c) Whole grains d) Dairy	2. Which of the following is not a macronutrient? a) Fat b) Protein c) Calcium d) Carbohydrate
3. How many calories are there in one gram of fat? a) 4 b) 6 c) 9 d) 5	4. Micronutrients are: a) Fats, protein, carbohydrates b) Fibre, and sugar c) Empty calories d) Vitamins and minerals
5. Calories are a measure of: a) Exercise b) Energy c) Carbohydrates d) fats	6. Fructose and sugar are which macronutrient? a) Protein b) Fat c) Carbohydrate d) Minerals
7. Companies must include what on their food products? a) Title b) Picture of the food c) Brand Name d) Nutritional label and ingredients	8. Which of the following is not a mandatory label? a) Calories b) Serving size c) Best before date d) Protein content
9. If I ate 7 grams of carbohydrates and 3 grams of fat, how many calories did I eat? a) 48 b) 55 c) 21 d) 10	10. What should I read before I buy or eat something? a) The slogan on the box b) The colourful pictures on the box c) The nutritional label and Ingredients d) Who else eats this product

Explain

Explain what the terms below mean giving examples where appropriate

Term	Definition
Macronutrients	
Micronutrients	
Unsaturated fats	

Short Answer

Answer the questions below. Each question is worth 3 marks

1) Why do we need to eat fats in our healthy diet?

2) Give 3 sources of minerals in our diet?

3) Give 3 sources of fibre in our diet

Long Answer

Answer the questions below – Each question is worth 5 marks

1) State 5 recommendation of Canada's new Food Guide and explain what they mean.

2) State 5 things you will find on a nutritional label

PREVIEW

Matching

Match the food with the appropriate label

Plant Protein



Protein

Grains



Carbohydrate

Oils



Fats

Meat Protein



Protein

Fruit Carbohydrate



Carbohydrates

Questions

Answer questions below

1) When eating carbohydrates, what do you need to remember? /2

2) When choosing what to buy and what to eat, what should you think about first? What are you looking for specifically? /3

3) Why are empty calories not good for us? /2

4) What role does the media play in our food purchases and consumption? /3