



Preview - Information



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

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

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

Thank you for shopping with us. Please let us know if you have any questions at:

rob@supersimplesheets.com



Google Slides Lessons Preview





Ontario Health Curriculum Healthy Eating Unit – Grade 2

3-Part Lesson Format

Part 1 – Minds On!

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

OUR FOOD JOURNEY

LEARNING GOAL

We are learning to understand how food moves through our body so we can know how our mouth, stomach, and intestines help turn food into energy that keeps us healthy and strong.

OUR FOOD JOURNEY

PUT IT IN ORDER!

Look at each picture. These show parts of the food journey in our body. Put the letters in the correct order to show how food moves inside us.

A	B	C	D	E	F
Small Intestine (body takes energy)	Mouth (we chew food)	Stomach (food gets mushy)	Esophagus (food slides down)	Large Intestine (body takes water)	Food leaves the body

Answers

Part 2 – Action!

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

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

QUICK DRAW

• Where does food go after your mouth?

• Draw arrows to show food moving inside your body.



Ontario Health Curriculum Healthy Eating Unit – Grade 2

A HEALTHY LUNCHBOX

YES OR NO

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

1) Should your lunch have different food groups?

2) Is it healthy to skip fruits and vegetables?

3) Should you drink water every day?

4) Is eating only one kind of food every day healthy?

5) Is yogurt a healthy snack for your lunchbox?

ACTION

HEALTHY FOOD CHOICES

WORD SEARCH

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

Water	Food	Fruit
Small	Healthy	Drink
Meal		Veggies

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

ACTION

Move the letter A or B to the correct box.

1. What helps keep your body healthy?
A) Clean habits B) Skipping washing

2. Why do we use soap when washing?
A) To remove dirt & germs B) To change hand colour

3. Why should we keep our table clean?
A) To make a mess B) To stop germs

4. What can happen if we eat with dirty hands?
A) Food tastes better B) We may get sick

5. What should you do before touching food?
A) Wash your hands B) Play outside

6. Why should we wash hands before eating?
A) To make hands wet B) To remove germs



Ontario Health Curriculum Healthy Eating Unit – Grade 2

FOODS THAT FIGHT GERMS

WHICH FOODS FIGHT GERMS?

Put a ✓ if the foods help us fight germs. Put an X if not.

 Orange	 Soda	 Donut	 CARROT
 FRENCH FRIES	 SPINACH	 BROCCOLI	 LOLLIPOPS

✓ X

GARDEN CROSSWORD

Fill in the garden food words using letters.

O	Y	R	R	E	B
T	G	N	A	N	E
M	T	A	E	D	O
T	T	R	R	F	O
R	R	O	A	C	G

Across

- 1
- 2) A crunchy orange vegetable
- 3
- 4
- 5
- 6
- 7) Small sweet fruits

Down

- 1) We grow food here
- 2) A juicy orange fruit
- 3) A red round vegetable
- 4) A red round vegetable

YES OR NO

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

1) Can nuts or milk cause allergies for some kids?	
2) Should you choose snacks that are safe for you?	
3) Should you eat food if you are allergic to it?	
4) Is it safe to read food labels before eating?	
5) Is it okay to share food without asking?	

👍 👎



Workbook Preview



Grade 2 – Health

Healthy Eating Unit

D1. demonstrate an understanding of factors that contribute to healthy development;

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

D3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how their choices and behaviours affect others, and how their choices and behaviours affect others, and how their choices and behaviours affect others.

**Preview of 65 pages from
this product that contains
124 pages total.**

D2.1	use Canada's Food Guide to identify food and beverage choices that contribute to healthy eating patterns	68 - 79
D2.2	demonstrate an understanding of how to make healthy food choices for meals and snacks, considering the factors they can and cannot control (e.g., the food that's available in the home; the food that's available when eating out; energy needed at different times of day; allergies; food guidelines associated with medical conditions such as diabetes or celiac disease; food safety related to food preparation, storage, handling, and cleanliness)	6 - 67

NAME: _____

HEALTHY EATING



Story: The Adventure of the Plant-Powered Kids**DRAW**

Draw pictures in the provided boxes to illustrate the story.

The Plant-Powered Superheroes

In the vibrant town of Mapleview, there were three friends: Amir, Zoe, and Ethan. They discovered a fantastic secret: eating plant-based foods like vegetables and whole grains gave them amazing powers! Amir felt strong after eating broccoli, Zoe could run super fast after eating apples, and Ethan became a puzzle master after his whole grain toast.

They decided to become superheroes, calling themselves "The Plant-Powered Kids." Their first mission was to help Mr. Chen, who was trying to carry heavy bags from the market. Amir quickly grabbed some carrot sticks, and suddenly, he could lift all the bags with ease. This taught them that eating vegetables can give you strength.

PREVIEW

Next, they saw a cat stranded up in a tree. Zoe grabbed a handful of grapes, and in a flash, she dashed up the tree and rescued the grateful owner was amazed. Zoe showed everyone that whole grains give you speedy energy.

Then, they noticed their friend Maya looking confused with her homework. Ethan shared his brown rice snack with her, and soon, he was explaining the answers with ease. Maya understood everything, thanks to Ethan's help. This proved that whole grains help make your brain work better.

As days went by, the Plant-Powered Kids started sharing their secret with their classmates. They talked about the benefits of eating plants, and soon, many kids in school were trying new fruits, veggies, and grains during lunch.

Their school then launched a "Healthy Eating Week." Amir, Zoe, and Ethan were the first to try, showing how delicious and fun eating healthy food could be. They realized that sharing knowledge was a superpower too, helping everyone become healthier.

PREVIEW

PREVIEW

They noticed changes in themselves too. They were not as tired as before, could play longer during recess, and paid better attention in class. They learned that good food not only gives you physical strength but also helps your mind and body stay healthy.

The Plant-Powered Kids promised to always eat their greens, fruits, and grains. They became heroes not just for their superpowers, but for inspiring everyone in Maplevue to eat better and live healthier lives.

True or False

Is the statement true or false?

1) Eating broccoli made Amir tired.	True	False
2) Zoe rescued a cat using her fast-running skills.	True	False
3) Vegetables, fruits, and grains cannot give you energy.	True	False
4) The Powered Kids shared their secret with their friends.	True	False
5) The Powered Kids inspired others to eat better.	True	False

Questioning

Write questions you have after reading the text.

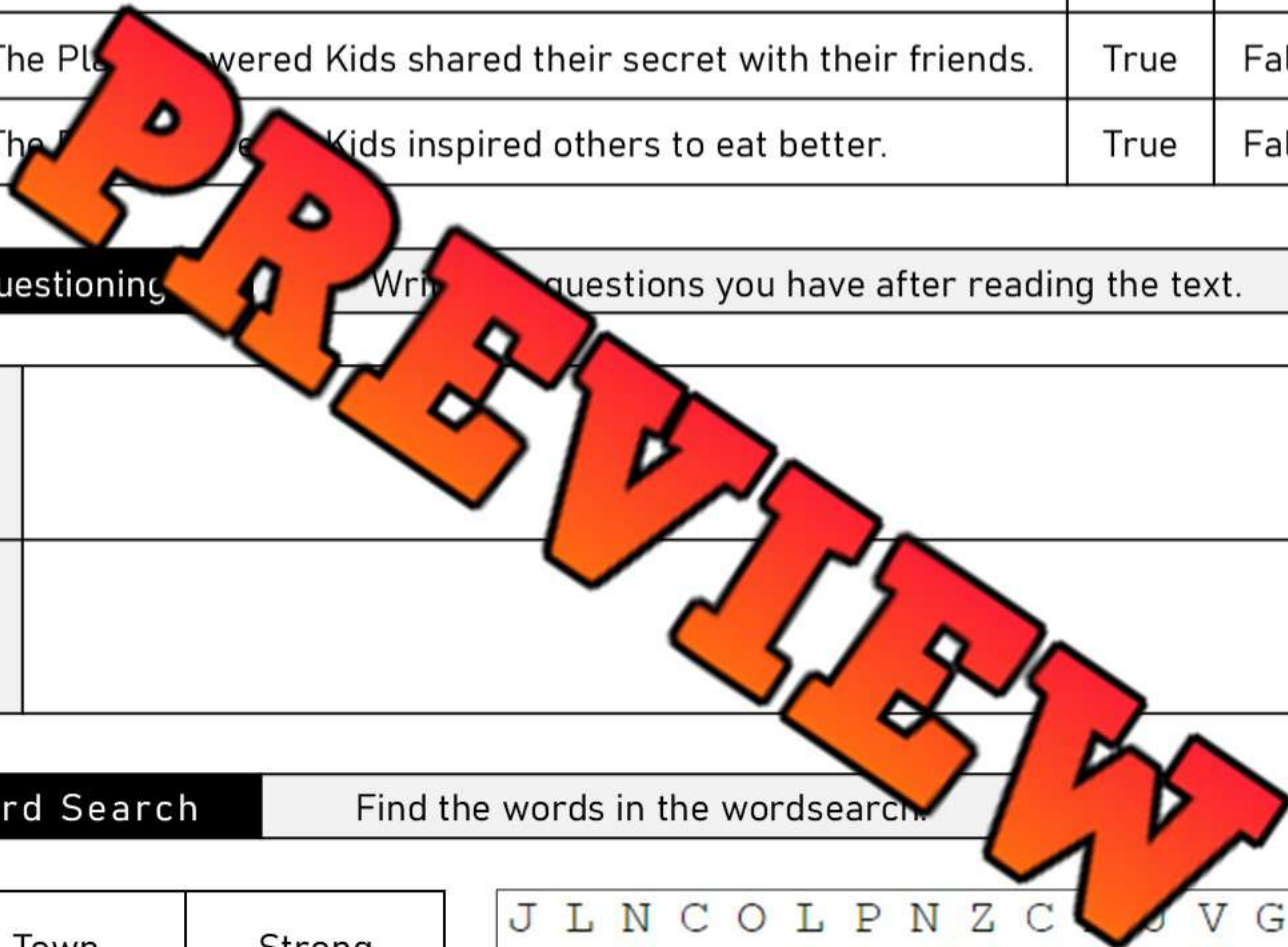
1)	
2)	

Word Search

Find the words in the wordsearch.

Town	Strong
Fast	Smart
Healthy	Energy
Fruits	Grains
Superhero	Apples

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



Activity – Plant a Seed

Objective

What are we learning about?

Learn about plant life cycles and observe growth.



Instructions

How you will complete the activity

1. Find a small pot, soil, and a seed (like a bean or pea).
2. Put the seed in the soil and water it.
3. Place the pot in a sunny spot.
4. Record observations of the seed's growth each week.

Draw

Draw what you see each week to illustrate the life cycle of a seed

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

PREVIEW

Questions

Answer the questions below

1) What does your seed need so it can grow?

2) What do you think will happen next? Explain.

PREVIEW

Colour

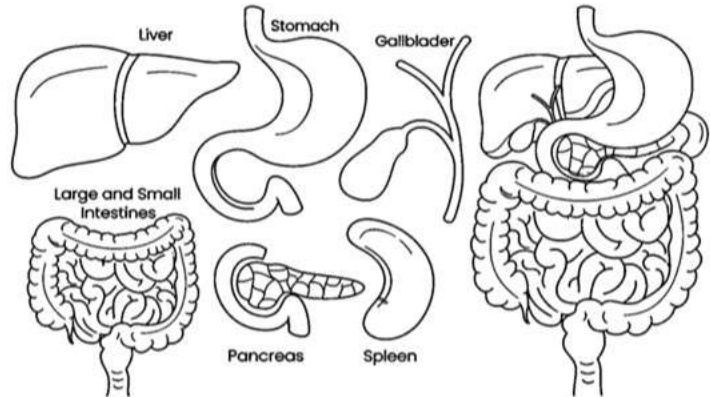
Colour the pepper life cycle below



Journey Through the Digestive System

Munch and Travel

Ever wonder what happens to food after you eat it? Let's follow a bite on its journey inside you!



Mouth: The First Step

Our journey starts in the mouth. Here, your teeth chop and grind, and it helps break it down. This makes it easy for our body to use the nutrients!

Slide Down: Esophagus

Next, the food slides down a muscular tube called the esophagus. It's like a gentle ride down to your stomach.

Tummy Work: Stomach

In your stomach, food gets mixed up and turned into a mush. This helps your body get the good stuff out of the food.

Nutrient Pickup: Small Intestine

Then, in a long tube called the small intestine, your body picks up vitamins and energy from the mush. This keeps you healthy and strong.

Healthy Eating Tips

- Eat fruits and veggies for vitamins.
- Grains like bread give you energy.
- Dairy, like milk, keeps bones strong.

Remember, eating different kinds of foods helps every part of this journey!

Name: _____





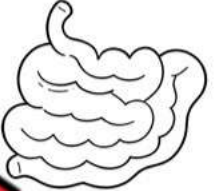
14

True or False

Is the statement true or false?

1. The journey starts in the stomach.	True	False
2. Teeth are not important for digestion.	True	False
3. Saliva helps break down food.	True	False
4. The intestines absorb nutrients.	True	False
5. We don't eat grains for healthy digestion.	True	False

Think Write the correct name of the organ in the box.

Stomach	Small Intestine	Large Intestine	Esophagus	Mouth
				

Question

Why is it important to chew food well?

Exploring Healthy Choices with Canada's Food Guide

Think

Circle the item if it's a healthy food choice, cross it out if it's unhealthy.



Healthy Unhealthy



Healthy Unhealthy



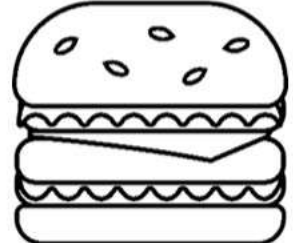
Healthy Unhealthy



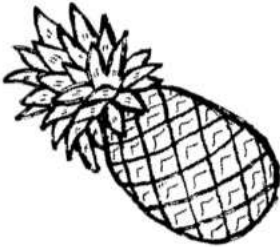
Healthy Unhealthy



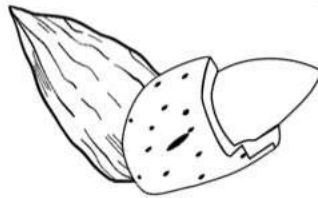
Healthy Unhealthy



Healthy Unhealthy



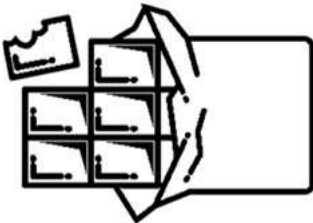
Healthy Unhealthy



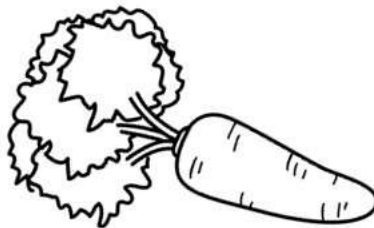
Healthy Unhealthy



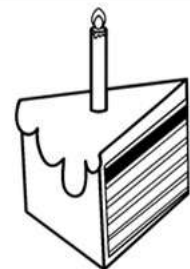
Healthy Unhealthy



Healthy Unhealthy



Healthy Unhealthy



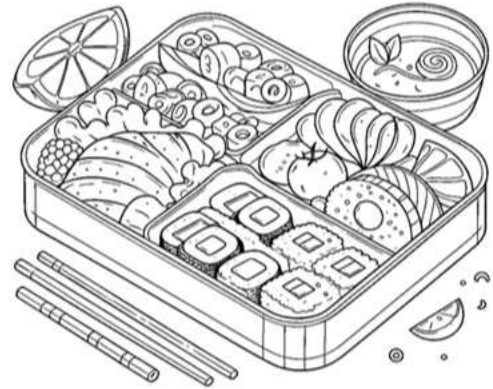
Healthy Unhealthy

PREVIEW

Story: The Enchanted Lunchbox

The Magic Lunchbox

Once upon a time, in a small school in Canada, there was a magic lunchbox owned by a boy named Ethan. This lunchbox was special because it always had a balanced meal inside.



One day, Ethan opened his magic lunchbox to find crunchy carrots, juicy apples, a whole grain sandwich, and a bottle of water. He learned that eating different kinds of foods is important to stay healthy and strong.

The next day, the lunchbox had yogurt, berries, cucumber slices, and a cheese stick. Ethan discovered that eating a variety of foods makes meals exciting and yummy.

On the third day, Ethan's lunchbox reminded him to drink water. He felt refreshed and hydrated. Ethan understood that water is essential for our body to work properly.

Ethan was grateful for his magic lunchbox because it taught him three important lessons: eat different foods, enjoy a variety, and always remember to drink water.

True or False

Is the statement true or false?

1) Ethan's lunchbox had the same food every day.	True	False
2) Eating different foods is not important.	True	False
3) A balanced meal can be exciting and yummy.	True	False
4) Ethan learned to eat a variety of foods.	True	False
5) Eating healthy food makes us strong.	True	False

Fill in

Write the missing word.

1)	Ethan's lunchbox always _____ meal.	Balanced	Unbalanced
2)	Eating different foods _____ is important.	Inedible	Foods
3)	A _____ stick _____ in _____ box.	Candy	Cheese
4)	Water keeps us _____ hydrated.	Refreshed	Thirsty
5)	_____ is essential for our hydration.	Hydration	Dehydration

Draw

Draw the foods you would eat in your lunchbox in the section.

Scenarios

Circle the correct answer: Is this a healthy choice? Yes or No

	Scenario	Yes	No
1	Ethan's lunchbox had only sweets today.	Yes	No
2	Ethan drank juice instead of water.	Yes	No
3	Ethan's lunchbox had a variety of fruits.	Yes	No
4	Ethan ate a whole grain sandwich for lunch.	Yes	No
5	Ethan's lunchbox contained a lot of fried foods.	Yes	No
6	Ethan ate vegetables with a friend.	Yes	No
7	Ethan's lunchbox had a lot of chocolate.	Yes	No
8	Ethan chose water instead of a sugary drink.	Yes	No
9	Ethan's lunch included a healthy salad.	Yes	No
10	Ethan's lunchbox was full of candy bars.	Yes	No
11	Ethan brought a yogurt to school for a snack.	Yes	No
12	Ethan's lunchbox had several packets of chips.	Yes	No
13	Ethan ate an apple during his break.	Yes	No
14	Ethan's lunchbox included a variety of nuts.	Yes	No
15	Ethan had a soda with his lunch.	Yes	No
16	Ethan's lunchbox was filled with fresh veggies.	Yes	No
17	Ethan chose a cheese stick over a doughnut.	Yes	No
18	Ethan's lunchbox had fast food items.	Yes	No
19	Ethan packed a whole grain pasta salad.	Yes	No
20	Ethan's lunchbox included a homemade smoothie.	Yes	No

Newspaper Article: Snack Time Around the World

Tasty Treats from Around the Globe

Published January 2, 2024, in The Young Explorer

Did you know that you can be adventurous and fun in every country? Exploring snacks from around the world and learning how each place makes eating a yummy and healthy adventure!

In Japan, kids love rice balls called onigiri. "They're simple, tasty, and healthy," says Chef Yuna, a cooking expert. In Brazil, children enjoy a fruit called acai, blended into a yummy bowl. "Acai is full of energy and good for you," shares Pedro, a Brazilian student.

It's also important to think about allergies and what foods are safe for everyone. Some kids can't eat nuts or dairy, so we should always ask our friends about their food needs. This way, everyone can enjoy snack time safely.

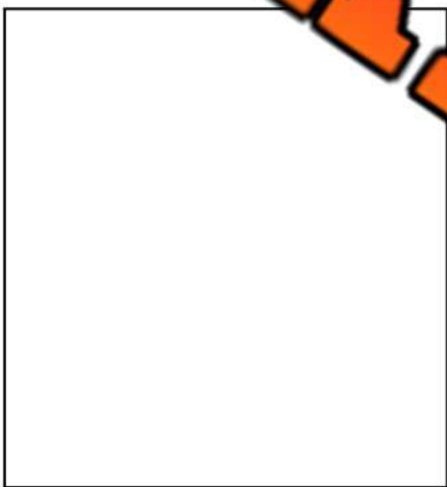

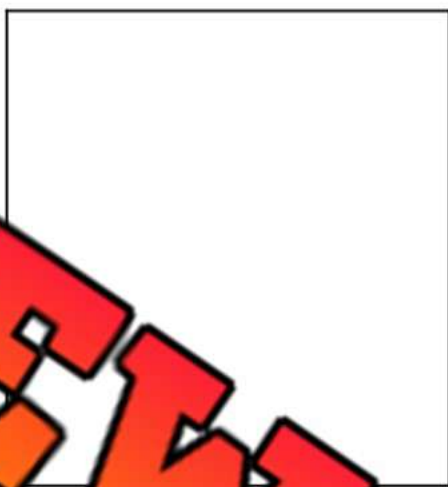
From acai bowls in Brazil to rice balls in Japan, snacks tell us about different cultures. Trying new snacks is fun, but always be careful of allergies and what is safe.



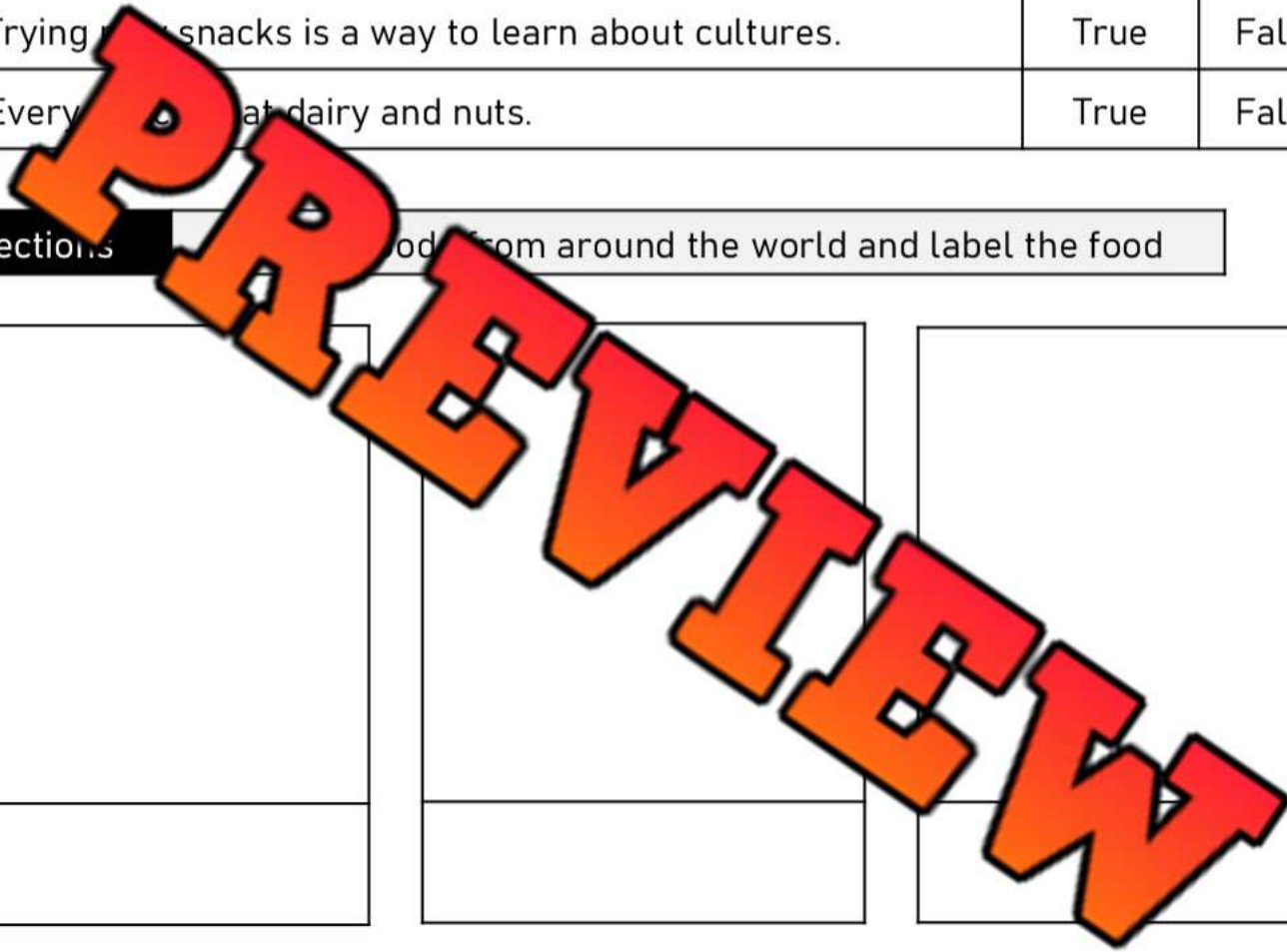
True or False Is the statement true or false?

1. Kids in Japan eat pizza for snacks.	True	False
2. Kids in Brazil enjoy acai bowls.	True	False
3. All snacks around the world are the same.	True	False
4. Trying new snacks is a way to learn about cultures.	True	False
5. Everyone is allergic to dairy and nuts.	True	False

Directions Draw a food from around the world and label the food

		
<input type="text"/>	<input type="text"/>	<input type="text"/>

Question What foods do you like to eat from other countries?



Story: The Case of the Missing Snack

The Snack Vanishing Act

In Maplewood School, a mystery had everyone puzzled: Someone's healthy snack was missing! Detective Ellie and her partner Max decided to solve the case.



First, they learned about safety. "We must wash our hands before we eat," Max said. "And keep our snacks clean!"

Then, they found a clue about storage, noticing a trail of ants near an open snack bag. "We should keep snacks in airtight containers," she advised.

The last clue was about dental health. The missing snack was sugary, which isn't good for teeth. "Choosing snacks like apples or cheese helps our teeth stay strong," said Ellie.

Finally, they found the missing snack behind a shelf. They reminded everyone to choose healthy snacks, store them properly, and always think about dental health.

True or False

Is the statement true or false?

1) The mystery was at Maplewood School.	True	False
2) Washing hands before eating is not important.	True	False
3) Open snack bags can attract ants.	True	False
4) Sugary snacks are the best for dental health.	True	False
5) Apples are good snack for teeth.	True	False

Fill in the Blanks

Write the missing word.

1)	A trail of _____ led to _____	Ants	breadcrumbs
2)	They learned about _____ safety.	Foods	Traffic
3)	_____ and cheese are healthy snacks.	Apples	
4)	Ellie found the snack behind a _____ refrigerator.	Shelf	
5)	The story happened at _____ School.	Maplewood	

Question

How can snacks help our dental health?

Scenarios

Circle the correct answer: Is this choice safe or unsafe? Yes or No

	Scenario	Safe	Unsafe
1	Washing hands before eating a snack.	Safe	Unsafe
2	Eating a snack found on the floor.	Safe	Unsafe
3	Storing a snack in an airtight container.	Safe	Unsafe
4	Leaving a sandwich out on the table all day.	Safe	Unsafe
5	Eating a snack from a friend who has allergies.	Safe	Unsafe
6	Asking a friend about their allergies before sharing snacks.	Safe	Unsafe
7	Eating fresh fruit as a snack.	Safe	Unsafe
8	Drinking water instead of a sugary drink.	Safe	Unsafe
9	Choosing a candy bar for a daily snack.	Safe	Unsafe
10	Keeping snacks in a backpack without a container.	Safe	Unsafe
11	Bringing a homemade, healthy snack to school.	Safe	Unsafe
12	Eating a yogurt left out of the fridge for hours.	Safe	Unsafe
13	Sharing apple slices with classmates.	Safe	Unsafe
14	Choosing whole grain crackers over chips.	Safe	Unsafe
15	Eating a snack with dirty hands.	Safe	Unsafe
16	Using clean utensils to eat a snack.	Safe	Unsafe
17	Picking up and eating a cookie dropped on the playground.	Safe	Unsafe
18	Having a cheese stick as a snack.	Safe	Unsafe
19	Grabbing a handful of nuts without checking if anyone is allergic.	Safe	Unsafe
20	Rinsing fruits before eating them.	Safe	Unsafe

The Energy Explorers

Energy Food Adventure

Welcome to the world of the Energy Explorers!

Morning Boost

In the morning, the explorers need food that gives them an energy boost. They choose fruits like bananas and apples. These foods help them start the day with a lot of energy.



Afternoon Power

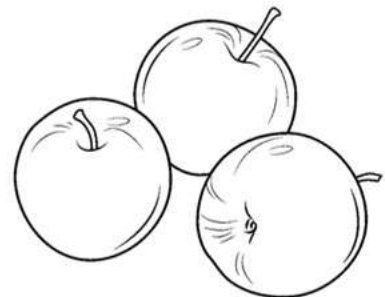
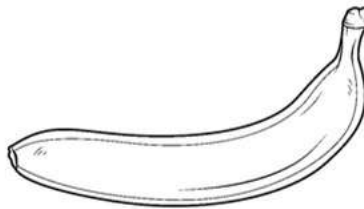
By the afternoon, the explorers are doing lots of activities. They need energy that lasts. They eat sandwiches with whole grain bread and protein like chicken or eggs.

Evening Calm

In the evening, the explorers slow down. They eat light snacks like fruit or a small salad. This gives them enough energy without making them too active before bedtime.

List of Energy Foods

- Bananas
- Apples
- Whole grain bread
- Chicken
- Eggs
- Yogurt



True or False

Is the statement true or false?

1. Bananas are good for evening.	True	False
2. Apples give quick energy.	True	False
3. Chicken provides lasting energy.	True	False
4. Eggs are not good for afternoon energy.	True	False
5. Yogurt is a good evening snack.	True	False

Direction

Place a check mark (✓) on the foods that give us energy.

<input type="checkbox"/> Rice	<input type="checkbox"/> Soda	<input type="checkbox"/> Sweet potatoes
<input type="checkbox"/> Water	<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Pasta
<input type="checkbox"/> Potatoes	<input type="checkbox"/> Medicine	<input type="checkbox"/> Soap
<input type="checkbox"/> Bananas	<input type="checkbox"/> Bread	<input type="checkbox"/> Toothpaste
<input type="checkbox"/> Candy	<input type="checkbox"/> Crackers	<input type="checkbox"/> Cookies

Question

Why do the explorers eat fruit in the morning?

Scenarios

Circle the correct answer: Does this give you energy? Yes or No

	Scenario	Yes	No
1	Eating an apple before playing soccer.	Yes	No
2	Drinking soda before a math test.	Yes	No
3	Having a whole grain sandwich for lunch.	Yes	No
4	Snacking on candy bars before a school play.	Yes	No
5	Snacking on a banana.	Yes	No
6	Eating a dinner.	Yes	No
7	Drinking a milkshake after playing.	Yes	No
8	Choosing yogurt for a snack.	Yes	No
9	Having cookies during a study session.	Yes	No
10	Snacking on nuts before a sporting event.	Yes	No
11	Drinking lots of water during a field trip.	Yes	No
12	Eating a doughnut before a science experiment.	Yes	No
13	Having a cheese stick after playing in the park.	Yes	No
14	Drinking fruit juice before a dance class.	Yes	No
15	Eating potato chips while doing homework.	Yes	No
16	Having eggs for breakfast.	Yes	No
17	Choosing a slice of cake before gym class.	Yes	No
18	Snacking on carrots and hummus after school.	Yes	No
19	Eating fast food before a choir practice.	Yes	No
20	Choosing a whole grain cereal for breakfast.	Yes	No

Activity – Energy Boosters

Objective

What are we learning about?

To teach students about energy needs and appropriate food choices at different times of the day.



Materials

What you will need for the activity.

- Clock face templates and markers

Instructions

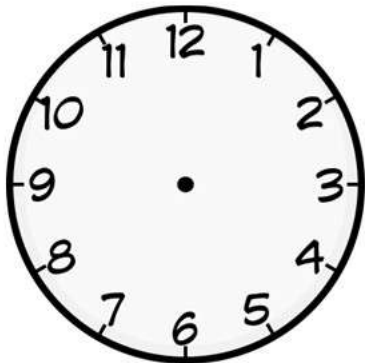
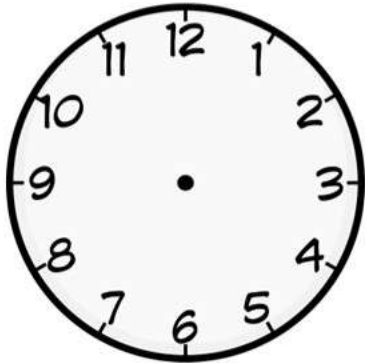
How you will complete the activity

1. Start by discussing with students what energy is and why our bodies need it.
2. Hand out clock face templates and markers to each student.
3. Ask students to draw a time on their clock face, marking different times of their day, such as morning, recess, or after school.
4. Students then choose foods they think would give them the best energy boost for that time.
5. Each student explains their choice to the class. For example, maybe after recess they choose a protein food to repair their muscles. Before recess, they could choose a fruit to give them an energy boost.
6. Discuss as a group how different foods provide energy at different times.
7. Wrap up by reinforcing the importance of balanced eating throughout the day.

Name: _____

Directions

Fill in the clock and then draw the foods you would eat at that time



PREVIEW

Reflection

Answer the questions below

1) Why did you choose those particular foods for your chosen time?

2) How do your foods help us get energy?

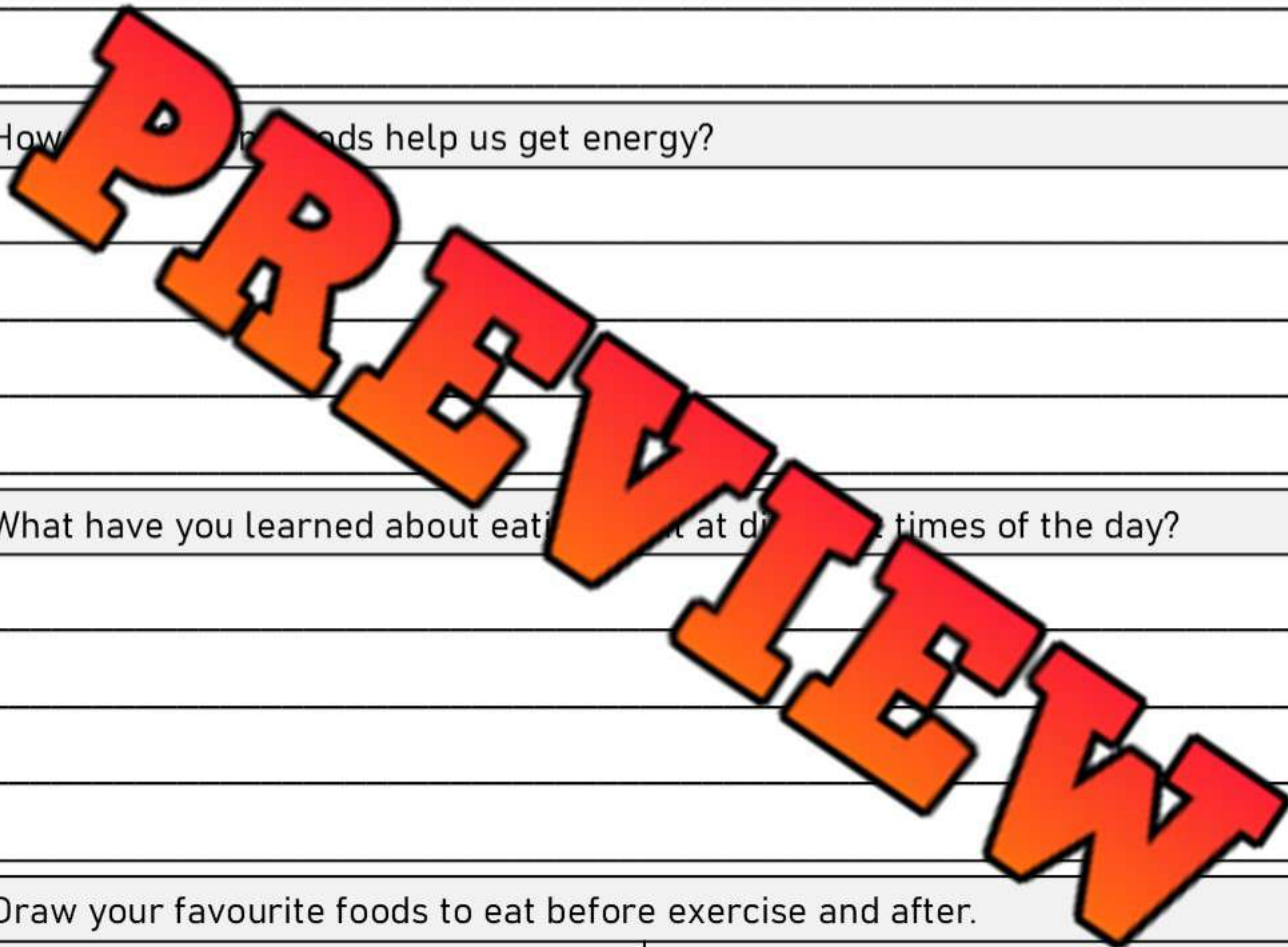
3) What have you learned about eating at different times of the day?

4) Draw your favourite foods to eat before exercise and after.

Before Exercise

After Exercise

--	--



Exit Cards

Cut Out

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

Name: _____

Does this choice give the body energy?

1) Eating bananas or apples in the morning.	Yes	No
2) Eating candy instead of real food for energy.	Yes	No
3) Eating whole grain bread for long-lasting energy.	Yes	No
4) Eating chicken or eggs to stay strong.	Yes	No
5) Eating yogurt as a light snack in the evening.	Yes	No

Name: _____

Does this choice give the body energy?

1) Eating bananas or apples in the morning.	Yes	No
2) Eating candy instead of real food for energy.	Yes	No
3) Eating whole grain bread for long-lasting energy..	Yes	No
4) Eating chicken or eggs to stay strong.	Yes	No
5) Eating yogurt as a light snack in the evening.	Yes	No

Name: _____

Does this choice give the body energy?

1) Eating bananas or apples in the morning.	Yes	No
2) Eating candy instead of real food for energy.	Yes	No
3) Eating whole grain bread for long-lasting energy..	Yes	No
4) Eating chicken or eggs to stay strong.	Yes	No
5) Eating yogurt as a light snack in the evening.	Yes	No

Name: _____

Does this choice give the body energy?

1) Eating bananas or apples in the morning.	Yes	No
2) Eating candy instead of real food for energy.	Yes	No
3) Eating whole grain bread for long-lasting energy..	Yes	No
4) Eating chicken or eggs to stay strong.	Yes	No
5) Eating yogurt as a light snack in the evening.	Yes	No

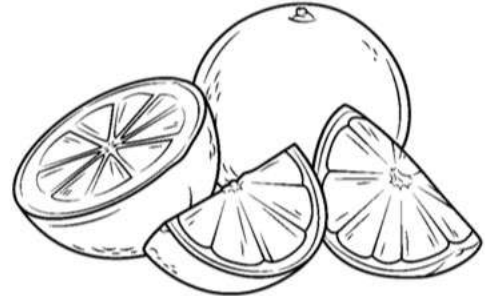
Foods That Fight Germs

Super Foods for Super Health

Discover how some foods are like superheroes for our body!

Germs, Beware!

Certain foods help our bodies fight germs. Oranges and spinach are packed with vitamins that keep our immune system strong.



Eat a Rainbow

Eating different coloured foods is healthy too! Each colour gives different nutrients. Strawberries, carrots and broccoli are all great choices.

Stay Strong and Healthy

It is important to eat these superfoods regularly to keep us strong. A healthy diet keeps us feeling good and ready for fun activities.

List of Superfoods

- Oranges
- Carrots
- Spinach
- Strawberries
- Broccoli
- Almonds
- Yogurt
- Sweet Potatoes



True or False

Is the statement true or false?

1. Spinach helps fight germs.	True	False
2. Eating different colours is unhealthy.	True	False
3. Oranges make our immune system strong.	True	False
4. Almonds are good for health.	True	False
5. Yogurt does not help the body.	True	False

Multiple Choice

Circle the food that helps fight germs.

1) You feel sick. What do you want to eat to help your body stay strong. What should you eat?			
oranges	chips	soda	
2) You want a snack that helps your immune system.			
yogurt	chocolate bar	soda	
3) Which colourful food is healthy?			
cookies	broccoli	fries	
4) Your mom packs lunch to help you fight germs. Which food should be included?			
chips	cupcake	gummy bears	
5) You want to eat like a "superfood hero." Which food helps you fight germs?			
donut	soft drink	spinach	candy

Question

What does eating a rainbow mean?

Superfoods

Superfoods

Learn about the superfoods below and how they help our bodies

1. Carrots	Improves eyesight
2. Oranges	Fights colds
3. Spinach	Boosts muscle strength
4. Strawberries	Rich in antioxidants
5. Broccoli	Strengthens bones
6. Almonds	Good for heart
7. Yogurt	Improves digestion
8. Sweet Potatoes	Rich in fiber
9. Blueberries	Brain health booster
10. Tomatoes	Protects skin health
11. Kale	Detoxifies the body
12. Walnuts	Brain-boosting nuts
13. Avocado	Healthy fats provider
14. Quinoa	Energy-packed grain
15. Salmon	Omega-3 rich
16. Eggs	Protein power
17. Garlic	Immunity enhancer
18. Ginger	Soothes digestion
19. Turmeric	Anti-inflammatory agent
20. Oats	Lowers cholesterol

True or False Is the statement true or false?

1) Carrots help our eyes.	True	False
2) Almonds strengthen our bones.	True	False
3) Walnuts are brain food.	True	False
4) Eggs have protein.	True	False
5) Ginger is an energy-packed grain.	True	False

Draw Jack wants to improve his health. Which foods should Jack eat for each healthy benefit?



Help Eyesight

Fights Colds

Brain Food

Help Digest Food

Strengthen Bones

PREVIEW

Newspaper Article: Supermarket Science

Unpacking the Secrets of Food Labels

Published January 2, 2024, in The

Young Reporter

Did you know a food package

has secrets? It tells us what's inside

the food we eat! Let's explore the

science behind food labels.

Nutrition expert Dr. Lee says,

"Labels help us choose healthy

foods. Look for words like 'whole

grain' and 'low sugar'." Tim, a

second-grader, shares, "I learned

to check for 'no artificial colours'

on my snack packages!"

Here's what we can learn:

- Read the label to know what's in your food.
- Look for healthy words like 'whole grain'.
- Avoid too much sugar and artificial stuff.

Checking labels helps us make smart choices when there are lots of options.



Nutrition Facts		Cereal Plus 125 mL Only 2% P.S. Milk	
Per 3/4 cup (29 g)		Amount	% Daily Value
Calories	110	170	5%
Fat 1 g*	Saturated 0.3 g	+ Trans 0 g	5%
Cholesterol 0 mg	Sodium 180 mg	Carbohydrate 23 g	5%
Fibre 2 g	Sugars 10 g	Protein 2 g	5%
Vitamin A	Vitamin C	Calcium	

Fat 1 g*	5%
Saturated 0.3 g	5%
+ Trans 0 g	
Cholesterol 0 mg	8%
Sodium 180 mg	6%
Carbohydrate 23 g	8%
Fibre 2 g	
Sugars 10 g	
Protein 2 g	
Vitamin A	

True or False Is the statement true or false?

1. Labels do not tell us what is in our food.	True	False
2. 'Whole grain' on a label is good.	True	False
3. Tim learned to read labels in grade two.	True	False
4. Sugar should be eaten in large amounts.	True	False
5. Making choices with labels is smart.	True	False

Directions Follow the instructions below

Draw a Food Label

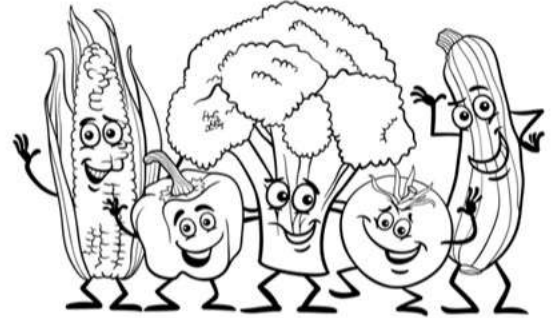
Write Healthy Words/
Healthy Ingredients

Question What should we look for on food labels?

The Great Garden Quest

Discovering Garden Gems

Let's go on an adventure to find nutritious treasures in a garden!



Veggie Adventures

In our garden, we find amazing vegetables like crunchy carrots, leafy lettuce, and juicy tomatoes. These veggies are packed with good stuff. Our bodies grow strong and stay healthy.

Fruity Fun

Don't forget about fruits. We also find sweet treasures like apples, oranges, and berries. These fruits are tasty and give us energy for playing and learning.

Eating Healthy Every Day

Remember, eating fruits and vegetables every day is the best way to stay healthy. They make us feel great and are important for our well-being.

List of Garden Treasures

- Crunchy Carrots
- Leafy Lettuce
- Juicy Tomatoes
- Sweet Apples
- Zesty Oranges
- Yummy Berries



Eating these garden gems is not only fun but also keeps us healthy and happy!

True or False

Is the statement true or false?

1. Carrots grow on trees.	True	False
2. Apples give us lots of energy.	True	False
3. Berries cannot be found in gardens.	True	False
4. Eating fruits makes us strong.	True	False
5. Carrots are good for eyesight.	True	False

Sort

Circle the items that come from the garden and help us stay healthy.

Grapes	Carrots	Candy	Tomatoes
Apples	Cake	Ice cream	Chips
Soda	Lettuce	Juice	Ice cream
Spinach	Cookies	Juice	Ice cream

Question

How do vegetables help our bodies?

Story: Treat Fest

The Festival of Treats

At the Great Treat Festival, Mia and Alex were excited to try all the yummy treats. They ate all kinds of candies, and ice cream, but they also ate fruits and nuts.



Mia chose a small piece of cake with strawberries. Alex picked a candy bar but also grabbed an apple. They remembered the first lesson: Enjoy treats but also make healthy choices.

While eating, Mia wanted another piece of cake, but she remembered the second lesson: Eating too much sweet food is not good. So, she chose a handful of nuts instead.

Before leaving, they saw a chocolate fountain. They both had a little because it is okay to enjoy treats sometimes. This was the third lesson: It is fine to indulge occasionally, as long as we mostly make healthy choices.

True or False

Is the statement true or false?

1) Mia and Alex only ate candy.	True	False
2) The festival had fruits and nuts.	True	False
3) Mia ate strawberries with her cake.	True	False
4) Alex ordered those unhealthy treats.	True	False
5) Mia chose to eat more cake.	True	False

Fill in the Blank

Write the missing word.

1)	Alex picked a _____ bar _____ apple.	Cheese	Candy
2)	Mia remembered not to eat too _____.	Fruit	Cake
3)	They both enjoyed the _____ for _____.	Chocolate	Water
4)	Eating too much _____ is not good for _____.	Protein	Sugar
5)	It is okay to indulge _____.	Occasionally	Always

Question

Why is it important to balance treats with healthy choices?

Ideas List of healthy treat options

Fruit Popsicles	Mixed Berry Fruit Salad
Yogurt with Honey and Nuts	Banana and Oat Muffins
Apple Slices with Peanut Butter	Whole Wheat Banana Pancakes
Homemade Granola Bars	Air-Popped Popcorn
Crackers with Hummus	Cheese and Whole Grain Crackers

Draw a picture of your favourite healthy snack.



PREVIEW

Allergy Avengers

Understanding Allergies

Allergies are like a body's superpower alert system. Let's learn how to be safe!



Allergy Superpowers

Some people have allergies to foods like nuts, dairy, or eggs. When they eat a food they are allergic to, their body's immune system treats it like an invader. This leads to an allergic reaction. They may get a rash, hives, difficulty breathing, or vomiting.

Safe Snack Choices

When choosing snacks, it is important to know what is safe for everyone. Read labels to check if a snack has common allergens like nuts or milk.

Being Allergy-Friendly

Always ask your friends if they have allergies before sharing. This helps keep everyone safe and happy.

List of Allergy-Safe Snacks

- Fruit slices
- Veggie sticks
- Rice cakes
- Dairy-free yogurt
- Gluten-free cookies



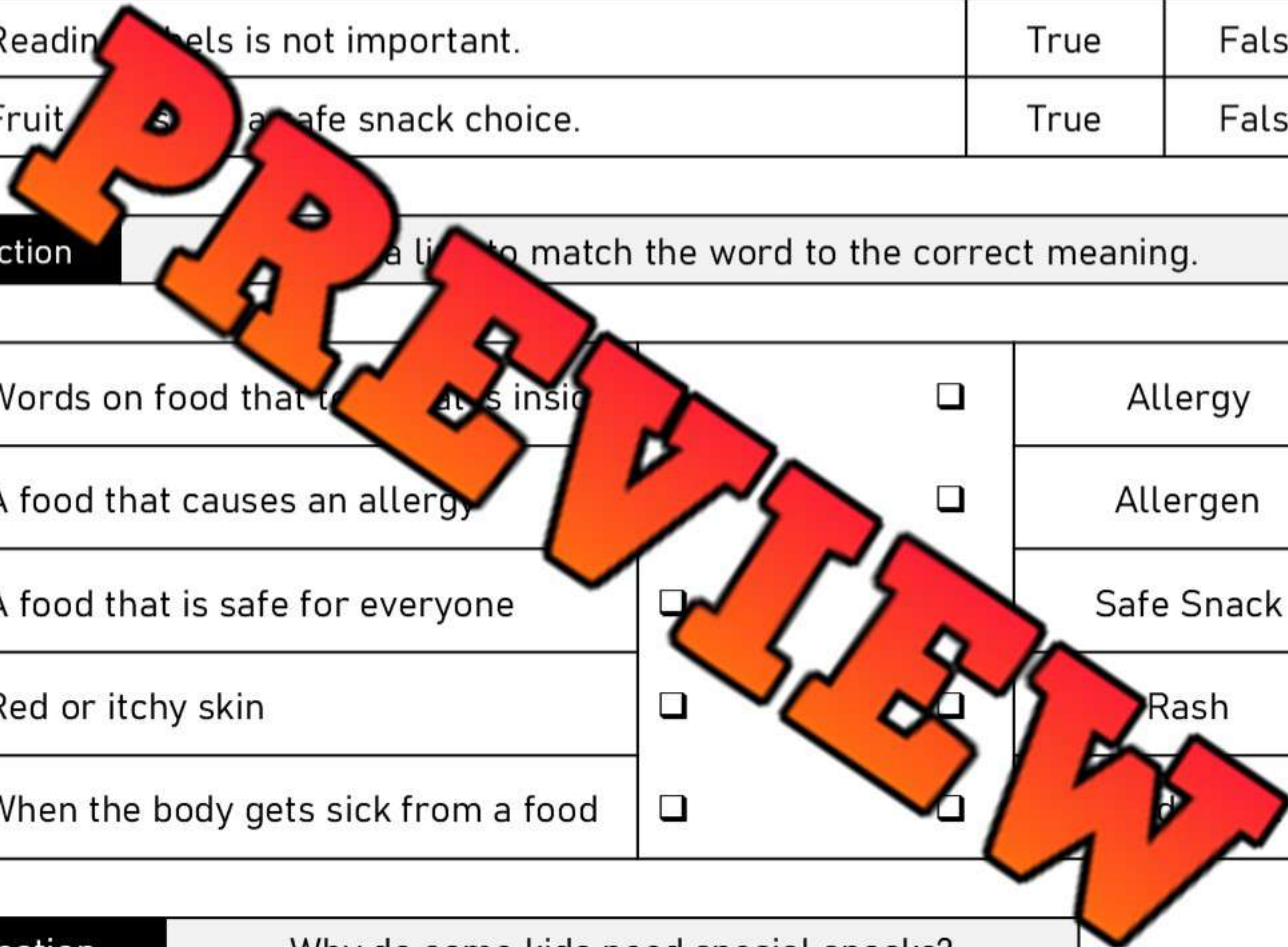
True or False Is the statement true or false?

1. All kids have the same allergies.	True	False
2. Some kids are allergic to nuts.	True	False
3. Dairy can be an allergen for some.	True	False
4. Reading labels is not important.	True	False
5. Fruit is a safe snack choice.	True	False

Direction Use a line to match the word to the correct meaning.

1. Words on food that tell what is inside	<input type="checkbox"/>	Allergy
2. A food that causes an allergy	<input type="checkbox"/>	Allergen
3. A food that is safe for everyone	<input type="checkbox"/>	Safe Snack
4. Red or itchy skin	<input type="checkbox"/>	Rash
5. When the body gets sick from a food	<input type="checkbox"/>	

Question Why do some kids need special snacks?



Activity – Allergy Awareness Role-Play

Objective

What are we learning about?

To help students understand and respect food allergies through role-playing.

Materials

What you will need for the activity.

- Allergy scenario cards
- Pretend food items
- Tablecloth
- Plates



Instructions

How you will complete the activity.

1. Spread a tablecloth and place pretend food items.
2. Divide students into pairs.
3. Give each pair a scenario card describing a food allergy situation.
4. One student in the pair acts as the person with an allergy, and the other as a friend or classmate.
5. They role-play the scenario, discussing the allergy and how to handle it safely.
6. Switch roles and repeat with a new scenario.
7. After each role-play, discuss as a class what was learned.
8. Encourage students to think of ways to make their school a safer place for those with allergies.

Name: _____

55

Scenarios

Cut out the scenarios below and give them to the students

Alex is allergic to peanuts. At a picnic, Alex's friend offers a peanut butter sandwich.

Emma has a dairy allergy. During lunch, a classmate offers her a piece of cheese pizza.

Sam is allergic to eggs. At a birthday party, Sam is offered a slice of cake.

Olivia is allergic to shellfish. In the cafeteria, her friend asks if she wants to try some

Noah has a gluten allergy. At snack time, a friend shares cookies that contain gluten.

Sophia is allergic to soy. In a cooking class, the recipe includes soy sauce.

Mason has a tree nut allergy. In gym class, a classmate offers a trail mix with nuts.

Ava is allergic to wheat. At a bake sale, she's tempted by a wheat-based muffin.

Liam is allergic to strawberries. At a fruit stand, his friend is buying a strawberry smoothie.

Isabella has a latex allergy. In art class, a friend passes her a latex glove to use to decorate.

Ethan is allergic to fish. At a school BBQ, a teacher offers him a fish burger.

Mia is allergic to sesame. At a cultural festival, a vendor offers a sesame seed-covered treat.

Lucas has a milk allergy. During a movie night, friends offer him buttered popcorn.

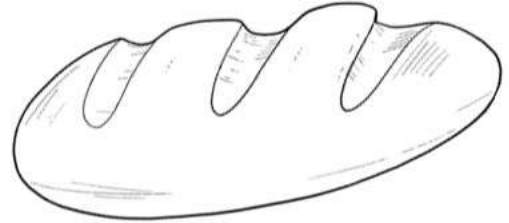
Charlotte is allergic to bee stings. On a nature walk, a friend finds a beehive and wants to explore.

Jackson is allergic to cats. At a friend's house, the friend forgets and brings his cat into the room.

The Time-Travelling Lunch

Lunch Through the Ages

Let's take a fun trip back in time to see how lunch has changed!



Long Ago Lunches

A long time ago, people ate very simple lunches, like bread and cheese. They didn't know much about healthy eating as we do now.

Learning and Growing

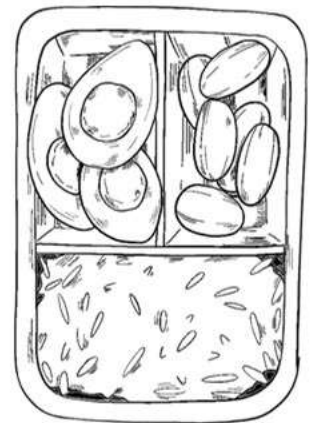
As time passed, people learned about different foods and how they help our bodies. Lunches started to include fruits, vegetables, and whole grains.

Healthy Choices Today

Today, we know it is important to eat a variety of foods. Our lunches can have foods from all the food groups.

List of Healthy Lunch Items

- Fruits like apples
- Vegetables like carrots
- Whole grain bread
- Dairy like cheese
- Proteins like chicken



True or False

Is the statement true or false?

1. People always knew about healthy eating.	True	False
2. Bread and cheese was a lunch eaten long ago.	True	False
3. Fruits are important in lunches today.	True	False
4. Whole grains are a new discovery.	True	False
5. Protein and chicken are good for lunch.	True	False

Visualizing

You were picturing while you were reading. Explain the picture.

Question

Why is it important to eat different foods?

Scenarios

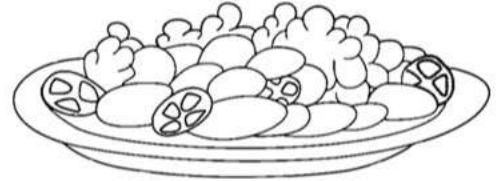
Circle the correct answer: Is this a healthy food choice or not?

Scenario	Healthy Choice	Unhealthy Choice
Choosing an apple over a cookie for a snack.	Healthy	Unhealthy
Eating candy for breakfast.	Healthy	Unhealthy
Having a sandwich with whole grain bread for lunch.	Healthy	Unhealthy
Drinking a glass of water.	Healthy	Unhealthy
Packing a carrot for a school snack.	Healthy	Unhealthy
Choosing fruit over baked beans.	Healthy	Unhealthy
Eating a salad with dressing.	Healthy	Unhealthy
Skipping breakfast in the morning.	Healthy	Unhealthy
Snacking on yogurt with fruits.	Healthy	Unhealthy
Having a milkshake every day after school.	Healthy	Unhealthy
Drinking a glass of milk with dinner.	Healthy	Unhealthy
Eating a big bowl of ice cream before bed.	Healthy	Unhealthy
Choosing grilled chicken over fried chicken.	Healthy	Unhealthy
Having a large candy bar for a snack.	Healthy	Unhealthy
Eating a fruit salad for dessert.	Healthy	Unhealthy
Constantly snacking on cookies.	Healthy	Unhealthy
Making a smoothie with fruits and vegetables.	Healthy	Unhealthy
Only eating fast food for meals.	Healthy	Unhealthy
Eating a whole grain cereal for breakfast.	Healthy	Unhealthy
Eating a doughnut every morning.	Healthy	Unhealthy

Rainbow Foods Race

Colourful Eating

Welcome to the Rainbow Foods Race,
where each colour is a step to being healthy!



Colourful Eating

Each colour in a rainbow means it has different good things for our bodies. Red apples, orange carrots, and green broccoli are all important.

Variety is Key

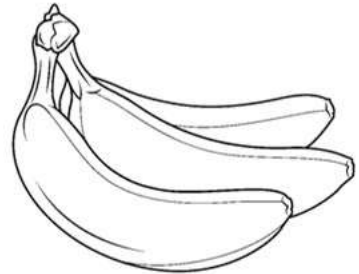
By eating different coloured foods, we get all kinds of nutrients. This helps us grow strong, run fast, and think smart.

Fun with Colors

It's fun to eat a rainbow! Try to have as many colours as you can on your plate. This makes meals exciting and healthy.

List of Colourful Foods

- Red: Apples, Tomatoes - high in antioxidants
- Orange: Carrots, Oranges - good for your eyes
- Yellow: Bananas, Corn - great for energy
- Green: Broccoli, Spinach - full of vitamins
- Blue/Purple: Blueberries, Grapes - keeps your heart happy



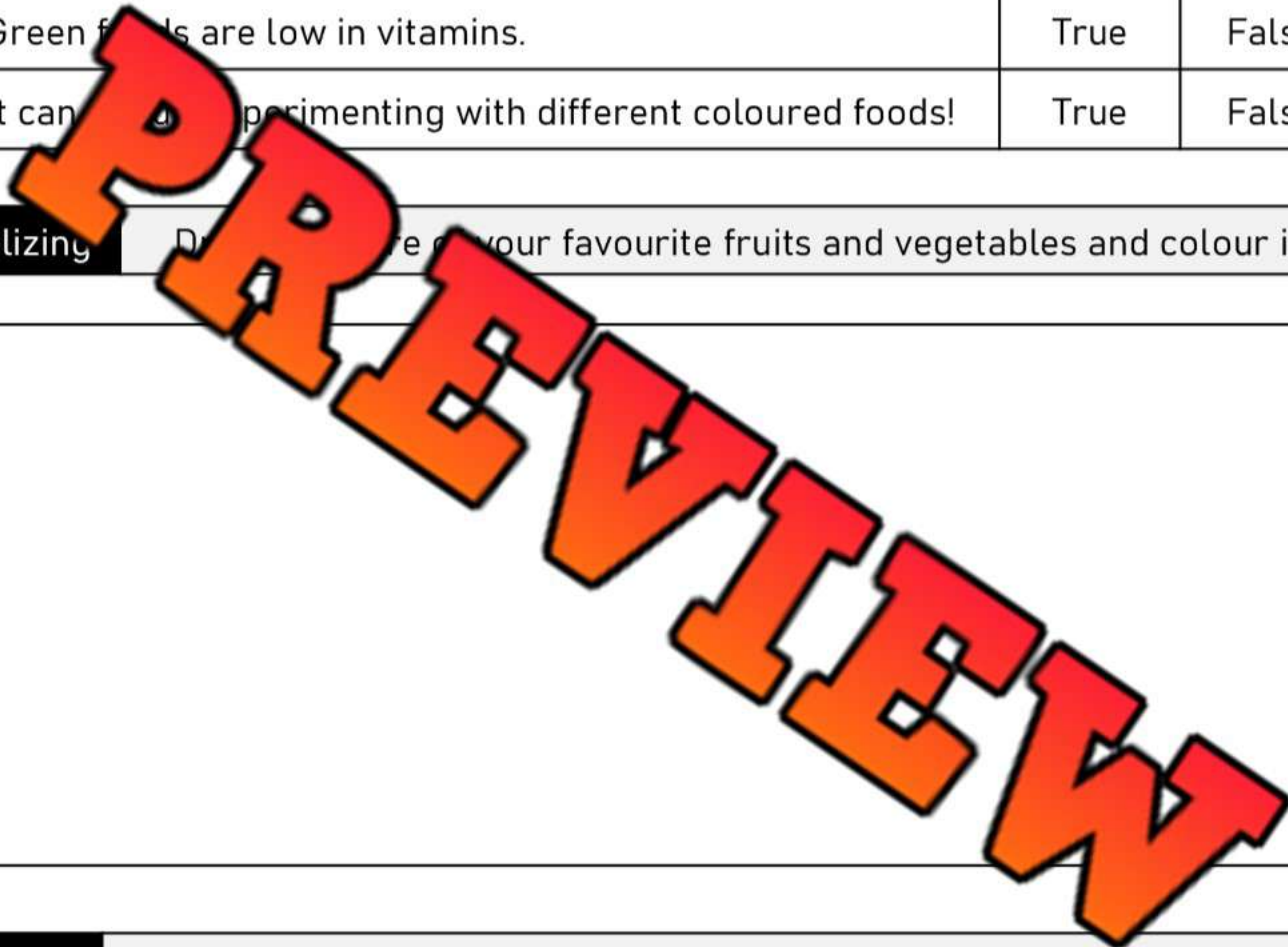
True or False Is the statement true or false?

1. Red foods are high in antioxidants.	True	False
2. Orange foods help our eyes.	True	False
3. Eating only one colour is best.	True	False
4. Green foods are low in vitamins.	True	False
5. It can be fun experimenting with different coloured foods!	True	False

Visualizing Draw your favourite fruits and vegetables and colour it.



Question Do you eat the rainbow? What foods could you add to eat more colours?



Activity – Rainbow Foods Art

Objective

What are we learning about?

To teach students about the importance of a colourful diet and the different nutrients found in various coloured foods.

Materials

What you will need for the activity.

- Coloured pencils or crayons
- White drawing paper
- Pictures of different coloured foods (fruits, vegetables)
- Glue sticks
- Scissors



Instructions

How you will complete the activity.

1. Begin by discussing the importance of eating a variety of coloured foods.
2. Show pictures of different coloured foods and talk about the nutrients they provide.
3. Distribute white drawing paper and coloured pencils or crayons to each student.
4. Instruct students to draw foods of different colours they enjoy eating.
5. Encourage creativity in arranging these foods to create a rainbow on their paper.
6. Once completed, ask students to cut out their drawings and use glue sticks to attach them to a larger class collage.
7. Display the class collage and discuss the variety of foods drawn.
8. Conclude with a discussion on how eating a rainbow of foods contributes to good health.

Name: _____

Think

Write or draw foods that are each colour of the rainbow.



Red

Orange

Yellow

Green

Blue

Indigo

Violet

PREVIEW

The Balanced Plate Challenge

Creating a Balanced Plate

Let's learn about making healthy choices for our meals and snacks!



Variety on a Plate

A balanced plate has different types of food: fruits, vegetables, grains, and proteins. This gives our bodies what they need to be healthy.

Personal Choices

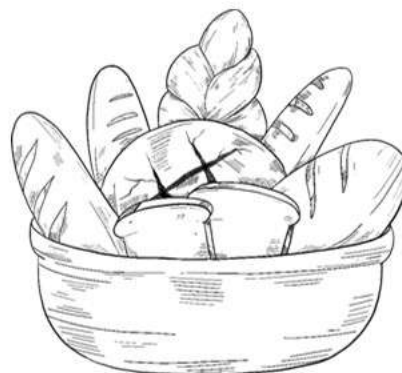
Everyone's body is different. Some people might need more of one type of food than another, and that's okay. It's important to listen to our bodies.

Thinking About Our Planet

Choosing foods that are good for our planet, like local fruits and vegetables, is also part of making a balanced plate.

List of Balanced Plate Items

- Fruits: Apples, Bananas
- Vegetables: Carrots, Broccoli
- Grains: Rice, Whole grain bread
- Proteins: Chicken, Beans



True or False Is the statement true or false?

1. Vegetables are not important for a meal.	True	False
2. Grains are part of a balanced plate.	True	False
3. Only meat can be a protein.	True	False
4. Local foods are good for our planet.	True	False
5. Listening to your bodies is important.	True	False

Sort Write the correct letter for each food: **G** for Grain, **F** for Fruit, **V** for Vegetable, **P** for Protein.

Apple	Broccoli
Rice	Bread
Carrot	Beans
Chicken	Grains
Banana	Fish

Question Why do we need different foods on our plate?

Canada 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 - 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 eat fruit 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

PREVIEW

Have plenty of vegetables and fruits



Choose whole grain foods

Your Canada Food Guide Plate

Think

Circle the foods that you enjoy from the different food groups below

Proteins

1. Chicken nuggets	6. Grilled cheese	11. Cheese slices	16. Sliced ham
2. Hamburger	7. Scrambled eggs	12. Milk	17. Beef meatballs
3. Turkey	8. Peanut butter	13. Cottage cheese	18. Chicken soup
4. Hot dogs	9. Tuna sandwiches	14. Beans	19. Edamame
5. Fish sticks	10. Yogurt	15. Nuts	20. Baked beans

1. White rice	6. Pizza crust	11. Corn bread	16. Muffins
2. Sandwich bread	7. Tortillas	12. Popovers	17. Waffles
3. Oatmeal	8. Pancakes	13. Pretzels	18. French toast
4. Cereal	9. Crackers	14. Rice cakes	19. Pancakes
5. Pasta	10. Bagels	15. Pita bread	20. Bread soup

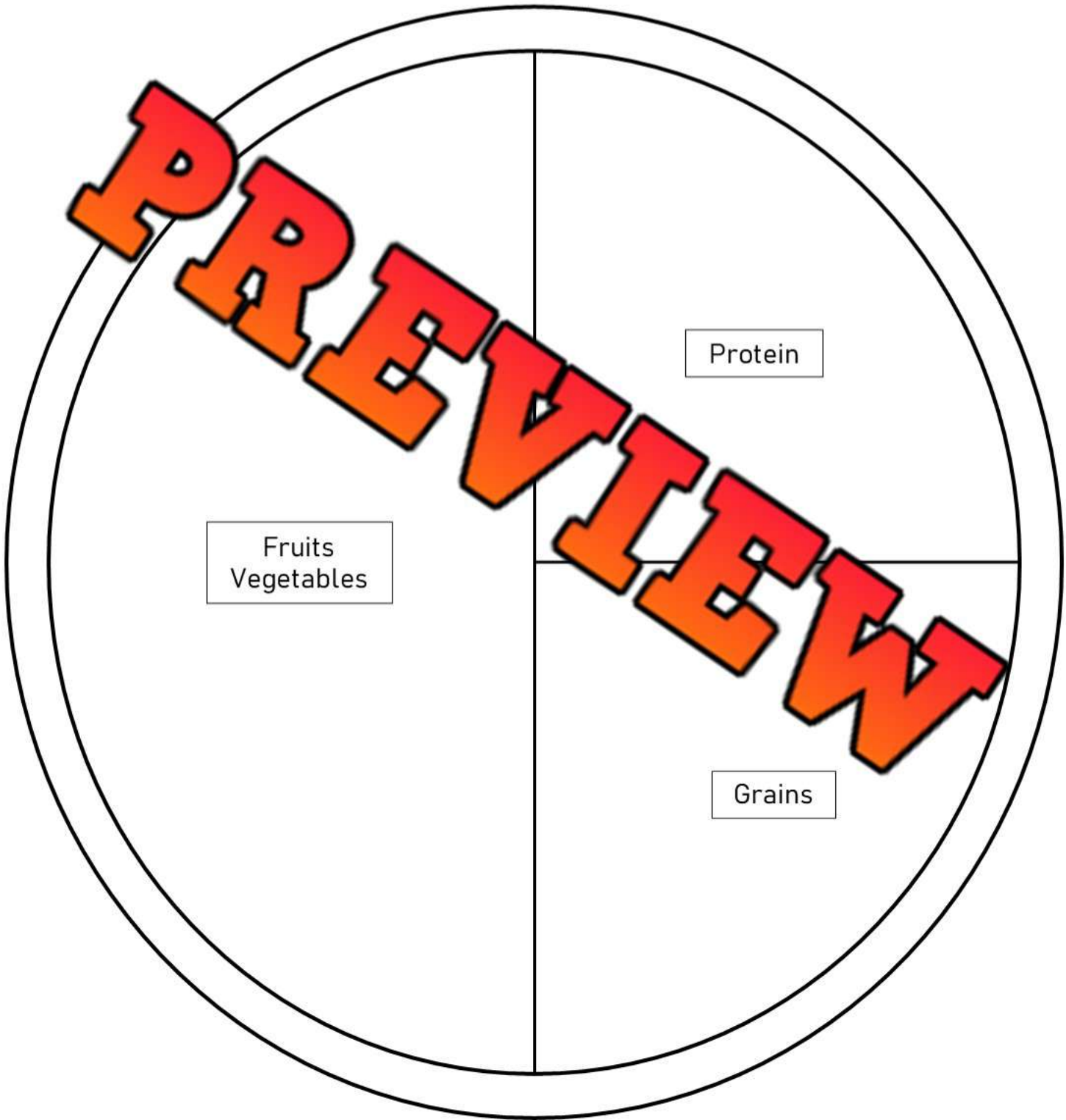
Fruits and Vegetables

1. Apple slices	6. Cherry tomatoes	11. Blueberries	16. Peaches
2. Banana	7. Strawberries	12. Peas	17. Pears
3. Baby carrots	8. Orange wedges	13. Broccoli florets	18. Pineapple
4. Celery sticks	9. Grapes	14. Bell peppers	19. Kiwi slices
5. Cucumber slices	10. Watermelon	15. Spinach	20. Mandarin oranges

Name: _____

Your Canada Food Guide Plate

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



Eating Right with Canada's Food Guides

Think

Circle if the food is a fruit or a vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



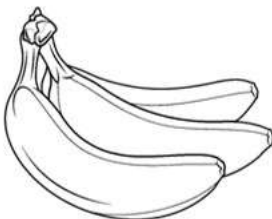
Fruit Vegetable



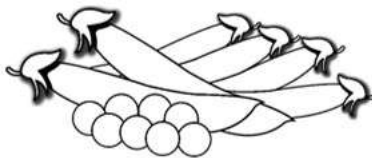
Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable



Fruit Vegetable

PREVIEW

Eating Right with Canada's Food Guides

Think

Circle if the food is a grain or a protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



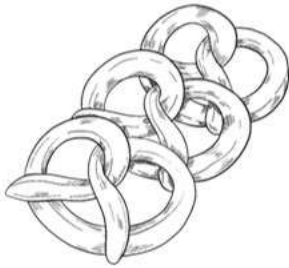
Grain

Protein



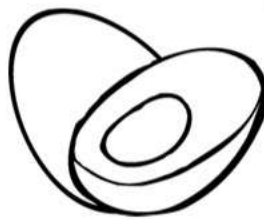
Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein



Grain

Protein

PREVIEW

Activity – Food Group Sorting

Objective

What are we learning about?

To help students learn about different food groups and understand how to create a healthy and balanced diet.

Materials

What you will need for the activity.

- Prints of various foods (or plastic food models)
- Baskets or bins for sorting
- Labels for each group – Vegetables and Fruits, Whole Grains, Protein, Dairy
- Canada's Food Guide for Children and Youth



Instructions

How you will complete the activity.

1. Gather all students in a circle and show them the food images or models.
2. Explain each food group using the Canada's Food Guide.
3. Label each basket with one of the food groups.
4. Hand out the food images or models to the students.
5. Ask students to take turns placing their food item in the correct basket.
6. Encourage them to think about why they are placing it in that group.
7. After all items are sorted, review each basket and discuss the choices.
8. Ask students to name their favourite food in each group.
9. Discuss how a plate of food could include something from each group.
10. Talk about how eating different kinds of foods keeps us healthy.

Reflection

Answer the questions below

1) Write your favourite foods from each group.

Fruits and Vegetables

Proteins

Grains

2) Why do you eat foods from all groups?

3) Can you think of a meal that includes all food groups?

4) Draw your meal that includes all food groups.



Activity – Healthy Lunchbox Challenge

Objective

What are we learning about?

To teach students about balanced nutrition and planning healthy meals according to Canada's Food Guide.



Materials

What you will need for the activity.

- Food items, copies of Canada's Food Guide, food magazines (optional).

Instructions

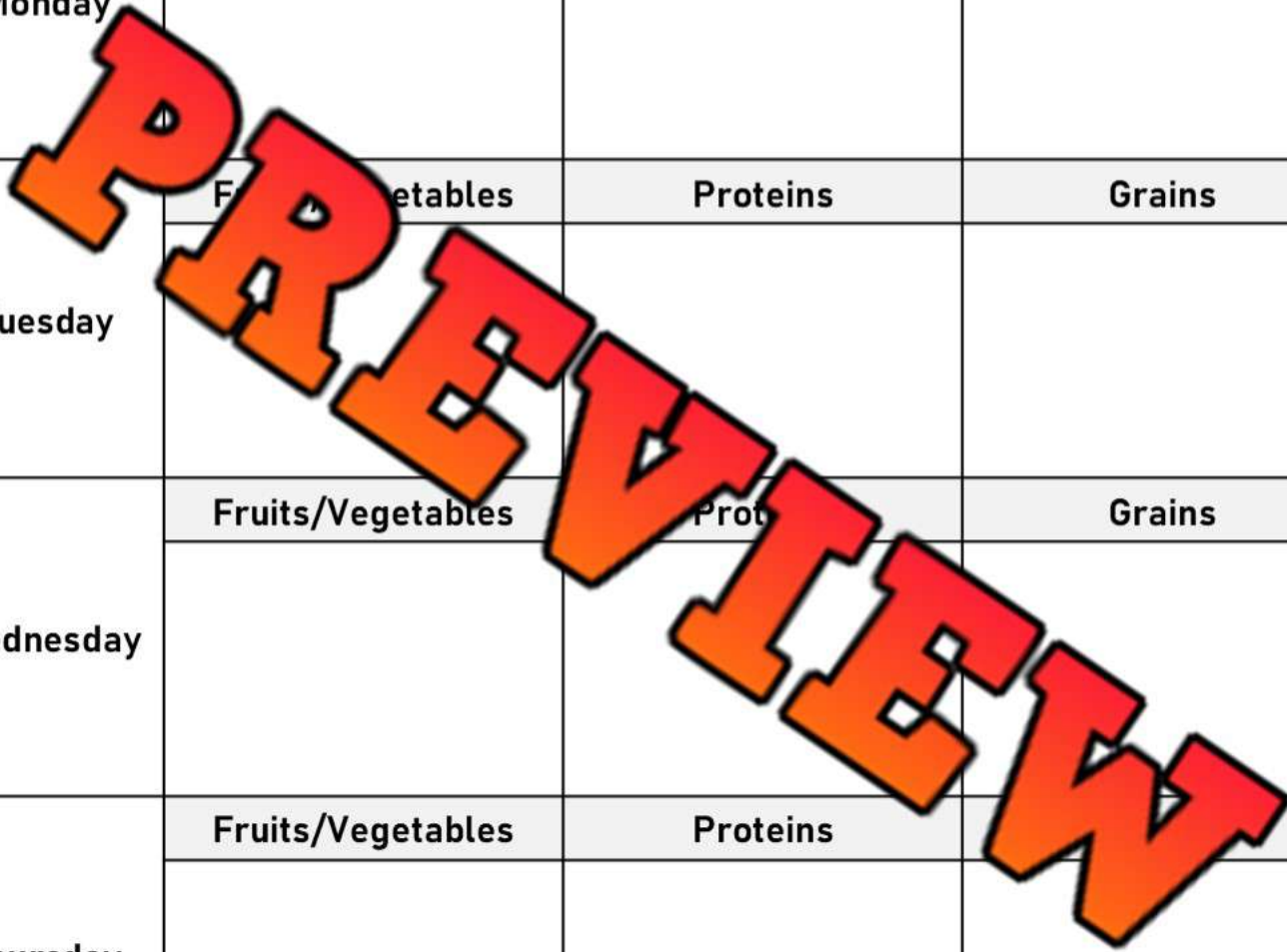
How you will do the activity

1. Introduce Canada's Food Guide and the different food categories.
2. Explain the importance of a balanced diet and how it contributes to good health.
3. Divide the class into small groups and distribute materials.
4. Ask each group to design a menu for a week's worth of healthy meals, ensuring they include items from all food categories in Canada's Food Guide.
5. Encourage creativity and allow students to use food magazines for inspiration if available.
6. Once completed, have each group present their menu to the class, explaining their choices.
7. Discuss as a class the different menus and the variety of foods included.
8. Hang the menus around the classroom for ongoing reference and inspiration.

Plan

Plan lunches for the week below, choosing foods that you enjoy and that follow Canada's Food Guide.

Day	Lunches and Food Groups		
	Fruits/Vegetables	Proteins	Grains
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			



Unit Test – Balanced Eating Essentials

Multiple Choice

/10

1. Where does food start its journey? a) Stomach b) Mouth c) Esophagus d) Intestine	2. What do fruits give us? a) Vitamins b) Mush c) Protein d) Fats
3. Carbohydrates a) Grow bones b) Healthy eyes c) Getting rid of colds d) Your brain	4. Which food is a grain? a) Steak b) Burgers c) Eggs d) Cereal
5. Which food is a protein? a) Chicken b) Cereal c) Bread d) Strawberries	6. What should we check on food labels? a) Chemicals b) Calories c) Sugar d) The color of the food
7. Which food is a vegetable? a) Corn b) Strawberries c) Oranges d) Sausage	8. Why do we eat different foods? a) For fun b) Looks nice c) To get different nutrients d) Tastes sweet
9. Which is a balanced plate? a) Burger, sausage, cheese b) Apples, berries, broccoli c) Toast, bacon, raspberries d) Lettuce, orange, potatoes	10. What are dairy-free yogurt and rice cakes? a) Unhealthy b) Allergy-safe c) For breakfast d) Just for fun

Define

What do the terms below mean?

Term	Definition – What does it mean?
Balanced Meal	
Food Allergy	
Whole Grains	

Scenarios

Read each scenario and circle the best way to handle it

1) Mike is having trouble digesting food. What should he eat?

- a) Fruits and vegetables
- b) Proteins
- c) Grains
- d) Candy

2) Mia is offered a drink at a festival. What should Mia remember?

- a) Drink it fast
- b) Water is best
- c) Only have soda
- d) Share with Alex

3) Which food plate should Sam choose that is balanced?

- a) Eggs, bacon, toast
- b) Strawberries, cucumber, pineapple
- c) Broccoli, chicken, potato
- d) Tomato, cucumber, green pepper