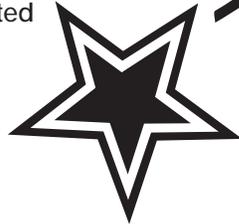




MISSION PLANS FOR GRADES 2-3 MISSION 4 VARIETY FOR VITALITY

Adventures in learning, created
by Canadian dietitians



Students explore the concepts of variety and moderation and learn how to create menus for meals based on Canada's Food Guide.

Learning Expectations:

1. Identify healthy eating patterns according to *Canada's Food Guide*.
2. Apply decision-making skills to create menus for healthy meals.

Subject Links:

Health, Language, Math, Art

Materials & Resources:

- ☆ *Canada's Food Guide*. Contact your local health department for copies or go to: www.healthcanada.ca/foodguide
- ☆ Chart paper
- ☆ Markers
- ☆ Paper lunch bags
- ☆ Drawing paper
- ☆ Colouring supplies

See the Teacher Notes at the back of this resource (on pages 21 & 22) for more information on this mission.

Class Discussion:

The *MISSION NUTRITION** Team wants to learn how to follow a healthy eating pattern according to *Canada's Food Guide*.

As a class, brainstorm menu ideas for meals and snacks they could eat to enjoy a day of healthy eating. Start by reviewing the recommended number of Food Guide Servings for children 4 to 8 years of age. Children 4 to 8 years of age should have 5 Food Guide Servings of Vegetables and Fruit, 4 Food Guide Servings of Grain Products, 2 Food Guide Servings of Milk and Alternatives and 1 Food Guide Serving of Meat and Alternatives every day.

- ☆ On a piece of chart paper, draw 2 large circles and two smaller circles. Write the number 5 inside one of the large circles and label it Vegetables and Fruit and the number 4 inside another large circle and label it Grain Products. Write the number 2 in one of the smaller circles and label it Milk and Alternatives and write the number 1 inside the other smaller circle and label it Meat and Alternatives. Note that *all* four food groups are important for healthy eating, we just need more of some foods than others.
- ☆ Ask students to volunteer breakfast, lunch, dinner and snack ideas including a variety of foods and drinks.
- ☆ Write their food choices in the appropriate circle and tally the foods from each food group as you go, so students can meet the recommended number of Food Guide Servings per day based on their age group.

Teaching Tip:

Most of our energy and nutrients should come from foods in the four food groups. Nutritious foods such as cheese or peanut butter should not be limited because of their fat content. However, less healthy food choices that are higher in calories, fat, sugar, or salt such as cakes, candy, soft drinks, fruit flavoured drinks, french fries, potato chips or doughnuts should be limited.

*MISSION NUTRITION** resources for Kindergarten to Grade 8 are available in English and French at www.missionnutrition.ca or by calling 1-888-876-3750.

*MISSION NUTRITION** is brought to you by the Registered Dietitians at Kellogg Canada Inc. *MISSION NUTRITION** materials may be duplicated in whole without permission for educational purposes only.
* © 2007, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

MISSION PLANS FOR GRADES 2-3
MISSION 4
VARIETY FOR VITALITY

Continued



Adventures in learning, created
by Canadian dietitians

Activities:

1. Following the class discussion, provide students with a copy of the *Ready, Set, Go* activity sheet (see *Student Mission 4*) and ask them to plan a balanced breakfast with a variety of foods. Encourage students to choose foods from at least three of the four food groups. Have students set a breakfast goal. If they already eat breakfast each day, their goal might involve trying a new breakfast food to add variety. Have them keep track of their goal for a week. Some discussion about goal setting may be required for this activity.
2. The *MISSION NUTRITION** Team needs some healthy lunches packed with energy and nutrients to help fuel their upcoming mission. Divide the class into small groups and provide each group with a paper lunch bag, drawing paper and colouring supplies. Ask students to imagine what they can pack so the *MISSION NUTRITION** Team will have a variety of foods from each food group. Have them record their lunch menu on the *Ready Set Go* activity sheet (see *Student Mission 4*). Students can then work as a team to draw pictures of each lunch item to put in their paper bag. They can then decorate the lunch bag. Give each group a chance to present their *MISSION NUTRITION** lunch bags to the rest of the class, showing each of their pictures and telling what food group it belongs to.

Student Mission 4: Ready, Set, Go

The *MISSION NUTRITION** Team is looking for balanced breakfast and lunch ideas. Students can share their ideas by completing the *Ready, Set, Go* activity sheet. To promote variety, ask students to choose foods from at least three of the four food groups.

Note: It may be helpful to start this activity by discussing foods that some students may not be familiar with, such as:

- chapati and naan - flat bread (India)
- bok choy - a leafy green vegetable (Asia)
- kefir - a yogurt like milk product (Europe)
- tofu - a soy food product (Asia)

Home Connection:

Making a class "Healthy Snack Ideas" book is a great way for students to share some of their favourite healthy snack ideas with other students and their families.

In Class: Prepare and provide students with a simple template for writing a snack recipe, including list of ingredients, amounts and preparation instructions.

At Home: With the help of a family member, students choose a healthy snack idea, write out the ingredients, amounts, and preparation instructions and illustrate it. Their snack ideas should include foods from the four food groups.

In Class: Compile the sheets and create a class "Healthy Snack Ideas" book. Let students take turns taking the book home to share snack ideas with their family or make copies for each student to take home.

Active Learning: Jump up for Healthy Eating!

To achieve a healthy eating pattern according to *Canada's Food Guide* it's a good idea to try to choose foods from at least three of the four food groups for breakfast and four food groups for lunch and dinner. Play a *Jump Up for Variety* game to help reinforce this concept. Ask students to jump up every time they hear you call out a healthy meal that they think they would enjoy. For example: waffles with juice and a yogurt; a bean burrito with cheese and juice; or pasta with tomato meat sauce and milk.



*MISSION NUTRITION** resources for Kindergarten to Grade 8 are available in English and French at www.missionnutrition.ca or by calling 1-888-876-3750.

*MISSION NUTRITION** is brought to you by the Registered Dietitians at Kellogg Canada Inc. *MISSION NUTRITION** materials may be duplicated in whole without permission for educational purposes only. © 2007, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

www.missionnutrition.ca



PAGE
12