

*Students explore their own food choices by recording and comparing their food selections to Canada's Food Guide.*

Adventures in learning, created by Canadian dietitians



### Learning Expectations:

1. Analyse their own food selections over a period of time, and compare personal habits with *Canada's Food Guide*.
2. Classify foods into food groups in *Canada's Food Guide*.
3. Demonstrate an understanding of food groups, serving sizes and serving numbers that support good health.

### Subject Links:

Health, Language, Math, Information Technology

### Materials & Resources:

☆ *Canada's Food Guide*.

Visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) or call 1-800 O CANADA for copies.

See the Teacher Notes at the back of this resource (on pages 23-26) for more information on this mission.

### Class Discussion:

The *MISSION NUTRITION\** Team wants to know about food choices that make for healthy eating. Healthy eating patterns can vary according to individual preferences and needs. *Canada's Food Guide* can accommodate cultural preferences, vegetarian eating, food allergies and medically imposed special diets. Review and discuss with students the key messages from *Canada's Food Guide* as outlined in the *Teacher Notes* including:

- ☆ The Food Guide Servings recommended for each food group.
- ☆ How to make each Food Guide Serving count.
- ☆ Examples of Food Guide Serving sizes.
- ☆ Limiting less healthy food choices that are higher in calories, fat, sugar and salt (sodium).
- ☆ The importance of water and fluids for hydration.

### Teaching Tip:

Part of healthy eating involves being able to visualise a serving of food and understand how this relates to the number of Food Guide Servings recommended by *Canada's Food Guide*. The Food Guide provides examples of servings sizes for each food group.

### Activities:

1. Provide students with a copy of the *My Food Choices* activity sheet (see *Student Mission 4*) to keep track of what they eat for a whole day. This is easier to do if students record their food intake throughout the day, as they eat, rather than trying to remember what they ate later in the day. Note that this Activity Sheet shows the recommended number of Food Guide Servings for girls and boys ages 9 to 13 years. Ask them to list everything they eat and drink for one whole day including all meals and snacks. Have them note the amounts of the foods and drinks they consume using common measures such as 1 bowl of cereal, 1/2 banana, 1 glass of milk. Note that chocolate milk counts as milk, but most fruit drinks, punches or beverages are not part of the four food groups.
2. Once students have completed their daily food record on their *My Food Choices* activity sheets,

*MISSION NUTRITION\** resources for Kindergarten to Grade 8 are available in English and French at [www.missionnutrition.ca](http://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 4-5  
**MISSION 5**  
EXPLORING FOOD CHOICES

*Continued*



Adventures in learning, created  
by Canadian dietitians

have them compare their choices to *Canada's Food Guide*. First have students tally up the number of servings they ate from each food group using the serving size examples in *Canada's Food Guide*. Next allow computer lab time for students to explore *Canada's Food Guide* and create and print out their own personalized Food Guide using the My Food Guide feature at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) online. Then ask them to note if the number of servings they ate from each food group was in line with the number of servings recommended for their age and gender by the Food Guide.

3. Based on their nutrition analysis, ask each student to set a personal healthy eating goal and record an action plan to achieve this goal. Note that students should not be required to share their personal results with other students and should not be judged based on what they recorded. Sensitivity to factors that may affect food choices such as allergies, family income, culture, religion or medical conditions are important to keep in mind when assessing this activity. Students should be assessed on how well they completed their tally and the goal and action plan that they developed based on their personal analysis. They should not be assessed on their daily food intake.

### Student Mission 5: My Food Choices

The *My Food Choices* activity sheet provides a framework for students to analyze what they eat over the course of a day. Ask them to record everything they eat and drink, and then tally up their choices from each food group.

#### Home Connection:

A healthy eating questionnaire is an interactive way for students to assess family eating habits

MISSION NUTRITION® resources for Kindergarten to Grade 8 are available in English and French at [www.missionnutrition.ca](http://www.missionnutrition.ca) or by calling 1-888-876-3750.

while sharing their healthy eating knowledge with family members. Sensitivity to factors outlined in *Activity 3* is important in conducting this survey.

In Class: Develop a questionnaire with students for them to use at home to survey family eating habits. Students can share their healthy eating knowledge about the four food groups and recommended Food Guide Servings with their families to help them answer the questions. Some sample survey questions follow. In a day,

- ☆ How many food groups do you include in breakfast? (0, 1, 2, 3 or 4)
- ☆ How many food groups do you include in lunch? (0, 1, 2, 3 or 4)
- ☆ How many food groups do you include in dinner? (0, 1, 2, 3 or 4)
- ☆ Do you drink fluids such as water, milk and juice each day?
- ☆ Do you snack mostly on nutritious foods from the four food groups?
- ☆ Do you limit foods that are higher in calories, fat, sugar and salt?

Provide each student with a copy of the survey questions and a template to tally their results from the survey. For example, the template could list questions down the left column on a page and the numbers of food groups across the top.

At Home: Have students use the questionnaire to survey members of their family.

In Class: Tally the survey results as a class on chart paper, using headings such as food groups eaten at breakfast, lunch, dinner and snacks. Students can then work in groups to create graphs that show survey results for various family eating habits.

[www.missionnutrition.ca](http://www.missionnutrition.ca)

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.

Kellogg's



PAGE  
14