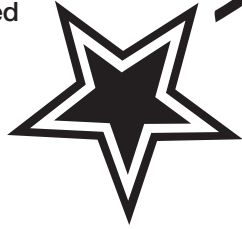


Adventures in learning, created
by Canadian dietitians



*Students explore the benefits of healthy eating
and factors that influence eating habits.*

Learning Expectations:

1. Describe the benefits of healthy eating.
2. Understand the various factors that influence their eating habits.

Subject Links: Health, Language, Art

Materials & Resources:

- ☆ *Canada's Food Guide*
Visit www.healthcanada.gc.ca/foodguide or call
1-800 O CANADA
- ☆ Flip chart and markers
- ☆ Paper
- ☆ Art supplies for creating menu plans

Class Discussion:

Brainstorm Nutrition. Ask students what “nutrition” means to generate a classroom discussion about healthy eating and the factors that influence food choices. Make a list of the benefits of healthy eating and the factors that affect their food choices based on your discussion.

- ☆ Why is it important to make nutritious food choices?
- ☆ Why is it important to eat regularly?
- ☆ What happens if the body doesn't get the nutrients it needs each day?

- ☆ How would they feel if they skipped a meal?
- ☆ How would missing a food group affect their nutrition?
- ☆ What factors influence their food choices?

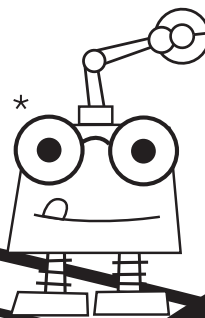
Teaching Tip:

Consider inviting a registered dietitian to lead this activity to help address nutrition myths and misconceptions. Find a dietitian at www.dietitians.ca or speak to the public health nutritionist at your local public health department.

Activities:

1. Review *Canada's Food Guide* with your students and ask them to explain the key messages featured on the Food Guide. Have students use the My Food Guide feature at www.healthcanada.gc.ca/foodguide to make their own personalized food guide that includes some of their favourite food choices.
2. Using their own personalized food guides, have students create and illustrate a daily menu plan that meets their food guide serving requirements for each of the four food groups. Their menu plans should include breakfast, lunch, dinner and snacks. Encourage a focus on the pleasure of eating as part of healthy eating.

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MISSION PLANS FOR GRADES 6-8
MISSION 1
EXPLORING HEALTHY EATING



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(continued)

Home Connection: My Food Choices

Ask students to create a “Word Web” which outlines and describes everything they eat and drink throughout the day. A Word Web is a good technique for exploring influences on food choices and allows children to link food, feelings and social influences.

Word Web Instructions:

To create a Word Web ask students to:

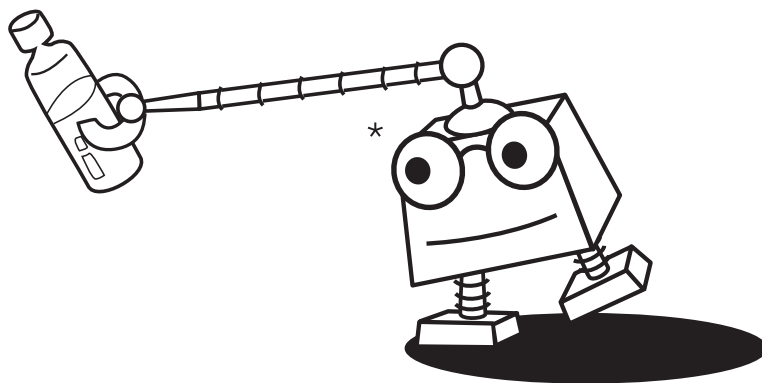
1. Start with the words “My Food Choices” in a circle at the centre of a blank page.
2. List the foods and drinks you eat each day around the centre circle and draw a circle around each of these.
3. Write key words and thoughts around each of the foods and drinks they eat and circle these. The key words should include when, where and why do you eat these foods? What are some of the feelings you have about these foods?

4. Connect each word bubble with a line to the next related idea.
5. When one stream of thoughts runs out, start from the centre again, or from another bubble and move out with the ideas.

Assessment:

Keep the following in mind when evaluating students’ menu plans. Did they:

- ☆ Include a variety of foods from all four food groups?
- ☆ Make their food guide servings count based on the key messages from *Canada’s Food Guide*?
- ☆ Include the number of Food Guide Servings from each of the four food groups? recommended for their age and gender?
- ☆ Limit less healthy foods and beverages high in calories, fat, sugar or salt (sodium)?



www.missionnutrition.ca

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