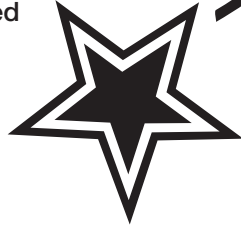


Adventures in learning, created
by Canadian dietitians



Students explore their personal eating patterns and adopt a healthy eating goal.

Learning Expectations:

1. Identify the nutritional needs of adolescents.
2. Compare personal eating patterns to *Canada's Food Guide*.
3. Develop and adopt personal goals to achieve healthy eating.

Subject Links: Health, Math, Language

Materials & Resources:

- ☆ *Canada's Food Guide:*
Visit www.healthcanada.gc.ca/foodguide or call 1-800 O CANADA
- ☆ *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators* at www.healthcanada.gc.ca/foodguide
- ☆ Flip chart and markers
Paper

Class Discussion:

Ask students to identify the three macro-nutrients found in food, carbohydrate, protein and fat, that provide our bodies with energy. Explore the roles of key essential vitamins and minerals for healthy growth and development.

- ☆ Have them work in small groups to identify the key macronutrients (carbohydrate, protein and fat) found in each of the four food groups.
- ☆ Based on their research ask them to propose the best way to get the right balance.
- ☆ Discuss the roles of other key nutrients such as iron, calcium, zinc, vitamin A, B vitamins, vitamin C and fibre and in what foods they are found.

Teaching Tip:

Refer to the *MISSION NUTRITION** Teacher Notes for more information on carbohydrate, protein and fat and key essential vitamins and minerals.

Activities:

1. Ask students to consider their own eating habits by writing down what they ate for breakfast on a piece of paper. Let students know that this activity is anonymous and they should not write their names on the paper. When they have finished listing everything they ate for breakfast, ask students to list how many food groups they included, then fold their papers.
2. Conduct a class breakfast survey by collecting all the folded papers in a bag or box. Have students tally and chart the results for the following three categories:
 - ☆ How many students in your class ate a breakfast including foods from all four food groups from *Canada's Food Guide*?

*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.

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(continued)

- ☆ How many students in your class ate a breakfast including foods from at least three of the four food groups from *Canada's Food Guide*?
- ☆ How many students ate foods from two food groups for breakfast?
- ☆ How many students ate foods from only one food group or less?

It may be challenging to include foods from all four food groups for breakfast, but it's best to try to choose foods from at least three of the four food groups.

3. Based on the results of your class breakfast survey, brainstorm the benefits of a balanced breakfast.

- ☆ What happens when students skip breakfast?
- ☆ What gets in the way of a balanced breakfast?
- ☆ How can they overcome these challenges?
- ☆ Create a class list of students' favourite balanced breakfast ideas.

Home Connection: Healthy Eating Goal

Encourage students to reflect on what they have learned about the importance of eating balanced meals based on Canada's Food Guide. Then ask them each to set a personal goal for healthy eating. Have them record their goal and keep track of how they achieve this goal over the course of the next week.

Assessment:

Use the following as a guideline for assessment for this lesson: The best way to get the needed amount of carbohydrate, protein and fat is to enjoy a healthy balance of foods from each of the four food groups from *Canada's Food Guide*. The recommended number of Food Guide Servings per day listed below are for children (males and females) 9 to 13 years of age.

Vegetables and Fruit (6 Food Guide Servings per day)

- Supply carbohydrate.

Grain Products (6 Food Guide Servings per day)

- Supply carbohydrate and some protein.
(Note: Some baked goods also supply fat.)

Milk and Alternatives (3-4 Food Guide Servings per day)

- Supply protein and carbohydrate. They may also supply fat (you can read the label to find out).

Meat and Alternatives (1-2 Food Guide Servings per day)

- Supply protein and fat; legumes, nuts and seeds also provide carbohydrate.