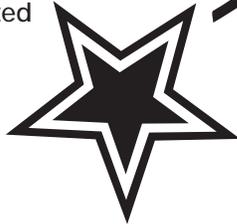


Adventures in learning, created  
by Canadian dietitians



*Students explore Canada's Food Guide, become familiar with foods in the four food groups, and learn to choose a variety of nutritious snacks.*

### Learning Expectations:

1. Recognize the Food Guide rainbow and the variety of foods in *Canada's Food Guide*.
2. Identify the four food groups in *Canada's Food Guide* and give examples of foods in each food group.
3. Be able to choose healthy snacks that include a variety of foods from the four food groups.

### Subject Links:

Health, Language, Art, Math, Physical Education

### 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.
- ☆ Coloured construction paper (green, yellow, blue and red)
- ☆ Tape
- ☆ Marker
- ☆ Plasticine
- ☆ Food packaging from a variety of foods
- ☆ Glue gun
- ☆ Hula-hoops (green, yellow, blue and red)

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 is hungry for some healthy snacks. Brainstorm nutritious snack ideas, including a variety of foods from the four food groups in *Canada's Food Guide*. Before beginning, use coloured construction paper to cut out four "planets". Label each with the corresponding food group name and tape to a wall in the classroom.

- ☆ Introduce *Canada's Food Guide* and emphasize the importance of choosing a variety of foods from each food group.
- ☆ Let students take turns naming a favourite snack from each food group.
- ☆ Ask students what food group the snack belongs to and write it down in the appropriate "planet". Some may be combination foods that belong to more than one food group such as a sandwich, pizza or cheese and crackers.

### Teaching Tip:

Teach children that less healthy food choices that are high in calories, fat, sugar and salt should be limited but can be enjoyed at times. Focusing on nutritious foods from the four food groups in *Canada's Food Guide* will help children learn how to adopt a healthy eating pattern.

### Activities:

1. Provide students with plasticine to model some of their favourite healthy snacks from the four food groups in *Canada's Food Guide*. Use the models they create to make a *MISSION NUTRITION\** *Healthy Snacking* display in your class.

*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 PLANS FOR GRADS K-1  
**MISSION 4**  
FLYING WITH THE FAB FOUR

*Continued*



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2. Set up an intergalactic station for each of the four food groups in *Canada's Food Guide* in your classroom, the school gym or outside (weather permitting). Ask students to think of a healthy snack they like to eat from one of the four food groups in *Canada's Food Guide*. They can use an idea from the *Class Discussion* brainstorming activity for this or you can provide each student with a picture of a food from one of the food groups. Have the students get in a line and put their hands on the shoulders of the student in front of them to form a *MISSION NUTRITION*\* "rocket ship." Guide them around the classroom, stopping at each food group station. Ask students to "disembark" when the rocket ship gets to the station their snack idea or picture belongs to.

**Student Mission 4:**  
**Intergalactic Food Find**

The mission for students on the *Intergalactic Food Find* activity sheet is to help *Glubber*\* identify foods from each food group. Ask them to colour in the minimum number of foods they need from each group in *Canada's Food Guide*.

**Allergy Awareness:** To ensure safety, always check with students and their parents for any food allergies before activities that involve bringing foods or food packaging into the classroom. The ingredient list found on food labels is especially useful for identifying ingredients that may cause an allergic reaction.

**Allergy and Anaphylaxis Resources:**

- ☆ Calgary Allergy Network - School Related Resources  
[www.calgaryallergy.ca/Article.html#school](http://www.calgaryallergy.ca/Article.html#school)
- ☆ Allergy and Asthma Information Association: [www.aaia.ca](http://www.aaia.ca)
- ☆ Anaphylaxis Canada: [www.anaphylaxis.ca](http://www.anaphylaxis.ca) or ph: 1-866-785-5660

**Home Connection:**

Creating an alien out of food packages representing foods from the four food groups is a hands-on way to instill the notion that "you are what you eat".

**At Home:** With the help of a family member, have students collect empty food packages of some of the foods they eat from the four food groups, such as cereal boxes, juice cans, yogurt tubs, raisin boxes, milk cartons and bean cans. Ask them to make sure they clean them properly before bringing them to school.

**In Class:** Divide the class into five groups. Make sure that each group has an adequate supply of packaging. Ask the students to create 3-D models of an alien using the food packaging they collected. A glue gun used by you or a parent volunteer can be used to help hold the models together.

**Active Learning: Planet Hop for Healthy Eating**

Use four hula-hoops (green, yellow, blue and red) and have students imagine these are planets that represent the four food groups in *Canada's Food Guide*. Place them in an open area on the ground. Have students take turns standing in each hula-hoop and then jump up for healthy eating. Ask them to jump up the same number of times as the number of Food Guide Servings they should eat from that food group each day. Girls and boys ages 4 to 8 years old should eat 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 each day. They can use different actions like running or skipping to move from one "planet" to the next.

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