

Nutrition in the Classroom: Teacher Resources



Section 6

Nutrition in the Classroom: Teacher Resources

Table of Contents

Nutrition Matters!	6-1
Activities for Promoting Healthy Eating at School	6-2
Non-Food Suggestions for Classroom Rewards	6-7
Canada's Food Guide and Accompanying Documents:	6-8
• Canada's Food Guide to Healthy Eating	
• Using the Food Guide	
• Focus on Children Six to Twelve Years	
• Food Guide Facts Background for Educators and Communicators	
Nutrition Labelling	6-9
Learning Activity Sheets - Grades 1-3:	6-10
Examples of available classroom resources - sources noted at the bottom of each sheet and most of the sources are found in the document "Where to Find More Activities" on page 6-13	
• Active Living and Healthy Eating: Students Song Sheet (<i>HEA</i>)	
• Characters to Colour (<i>HEA</i>)	
• Take off with Breakfast (<i>Mission Nutrition</i>)	
• Build a Lunch (<i>Annapolis Valley Health Promoting School Project</i>)	
• Build a Day of Activity (<i>Annapolis Valley Health Promoting School Project</i>)	
• Food Bingo (<i>BC Dairy Foundation</i>)	

Learning Activity Sheets - Grades 4-6: 6-11

Examples of available classroom resources - sources noted at the bottom of each sheet and most of the sources are found in the document “Where to Find More Activities” on page 6-13

- Canada’s Guidelines For Healthy Eating (*Discover Healthy Eating*)
- What’s the Serving Size? (*Discover Healthy Eating*)
- Six kinds of Nutrients (*Discover Healthy Eating*)
- Vitamin and Mineral Match (*Mission Nutrition*)
- My Food Choices (*Mission Nutrition*)
- Food Math Problems (*Freggie Tales*)
- Edible Plants (*Freggie Tales*)

Learning Activity Sheets - Grades 7-9: 6-12

Examples of available classroom resources - sources noted at the bottom of each sheet and most of the sources are found in the document “Where to Find More Activities” on page 6-13

- Crossword Puzzle (*Dole*)
- Word Search (*Dole*)
- Healthy Lifestyle Fill in the Blanks (*Discover Healthy Eating*)
- Canada’s Food Guide to Healthy Eating Check List (*Discover Healthy Eating*)
- TV Unplugged (*Discover Healthy Eating*)
- Cheddarville Chokes on Food Quiz (*Dairy Farmers of Ontario*)

Where to Find More Activities 6-13

Information Sources

Canada's Food Guide to Healthy Eating and Accompanying Documents

- contains the Food Guide and the booklets "Using the Food Guide", Focus on Children Six to Twelve Years", and "Food Guide Facts Background for Educators and Communicators"
- *Source:* Health Canada; source identified on materials

Nutrition Labelling

- *Source:* Healthy Eating is in Store for You (Canadian Diabetes Association and Dietitians of Canada); source and permission to reproduce noted on materials

Active Living and Healthy Eating Student Song Sheet

- *Source:* PEI Provincial Government, Active Living Alliance, and PEI Healthy Eating Alliance; source and permission to reproduce noted on materials

Colouring Sheets

- *Source:* PEI Healthy Eating Alliance, the PEI Active Living Alliance and the PEI Healthy Child Development Initiative; source and permission to reproduce noted on materials

Mission 3: Take off with Breakfast

- *Source:* Mission Nutrition; source and permission to reproduce noted on materials

Build a Lunch

- *Source:* Annapolis Valley Health Promoting School Project; source noted on materials.
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Build a Day of Activity

- *Source:* Annapolis Valley Health Promoting School Project; source noted on materials.
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Bingo

- *Source:* BC Dairy Foundation; source noted on materials.
- Available for free download.

Canada's Guidelines for Healthy Eating

- *Source:* Discover Healthy Eating!; source noted on materials
- Available for free download.

What's the Serving Size?

- *Source:* Discover Healthy Eating!; source noted on materials
- Available for free download.

Six Kinds of Nutrients

- *Source:* [Discover Healthy Eating!](#); source noted on materials
- Available for free download.

Mission 2: Vitamin and Mineral Match

- *Source:* [Mission Nutrition](#); source and permission to reproduce noted on materials

Mission 5: My Food Choices

- *Source:* [Mission Nutrition](#); source and permission to reproduce noted on materials

Math Problems

- *Source:* [Freggie Tales](#); source not noted on materials
- Available for free download.

Edible Plants: Science Problems

- *Source:* [Freggie Tales](#); source not noted on materials.
- Available for free download.

Spencer Sweet Potato's Jazzy Crossword Puzzle

- *Source:* [Dole 5 a Day](#); source noted on materials
- Available for free download

Kurt and Casey Collard Greens' Leafy Greens Word Search

- *Source:* [Dole 5 a Day](#); source noted on materials
- Available for free download.

Healthy Lifestyles Fill in the Blanks

- *Source:* [Discover Healthy Eating!](#); source noted on materials
- Available for free download.

Canada's Food Guide to Healthy Eating Check List

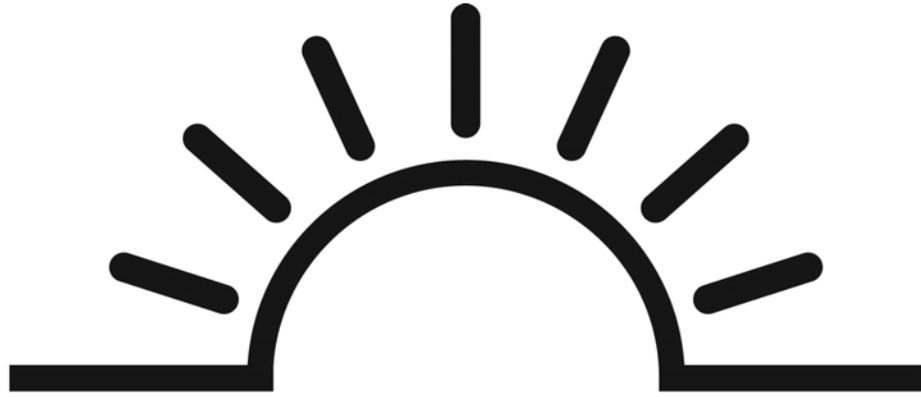
- *Source:* [Discover Healthy Eating!](#); source noted on materials
- Available for free download.

TV Unplugged

- *Source:* [Discover Healthy Eating!](#); source noted on materials
- Available for free download.

Cheddarville Chokes on Food Quiz

- *Source:* [Dairy Farmers of Ontario](#); source not noted on materials.
- Available for free download.



Nutrition Matters!
Why Teach Nutrition
to Children?

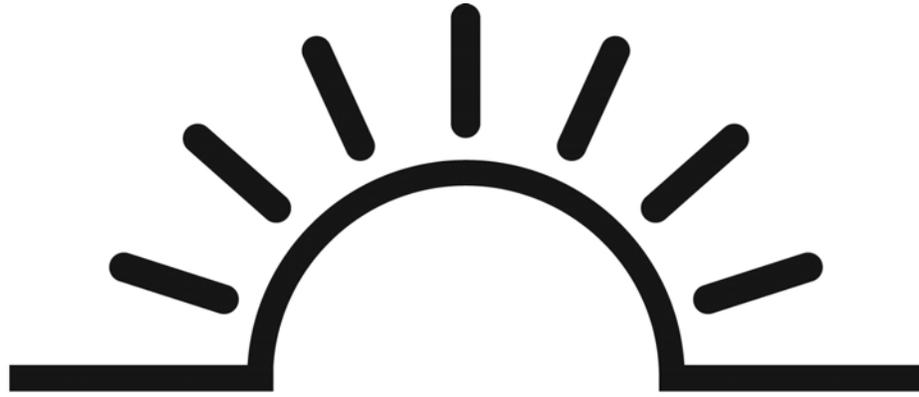


Nutrition Matters!

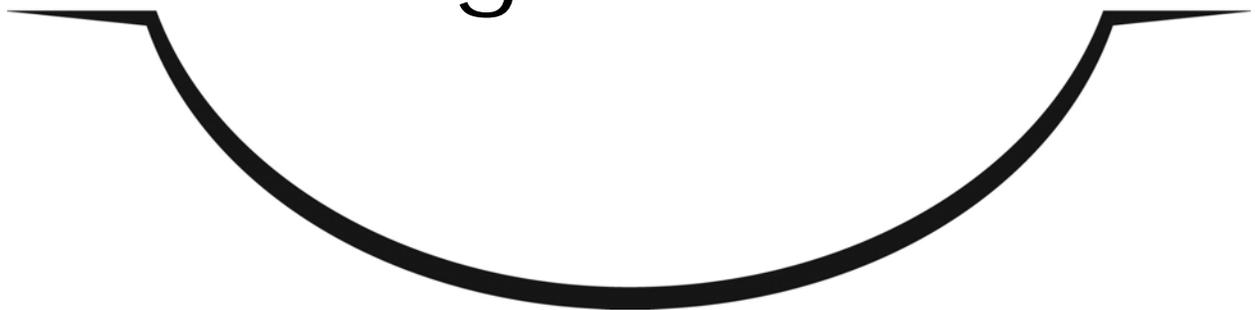
Schools are an ideal place for children to learn about and practice good nutrition. The classroom, and the whole school environment itself, provides a wonderful opportunity for you to make an impact on a child's health.

Why Teach Nutrition to Children?

- Poor eating habits are contributing to the rising rates of childhood overweight and type 2 diabetes. Poor eating habits are also likely to continue into adulthood and increase the risk of developing chronic diseases such as cancer and cardiovascular disease.
- Nutrition concerns and low activity levels put children at risk of health problems. Island studies tell us that:
 - ▶ Less than 50% of children drink enough milk and milk products.
 - ▶ Less than 1 in 5 children get enough servings of vegetables and fruit.
 - ▶ 10% of elementary students do not consume breakfast on a daily basis. As children get older, breakfast skipping increases.
 - ▶ Rates of childhood overweight and obesity have increased dramatically.
 - ▶ More than 50% of Canadian children and youth are not active enough to meet their needs for optimal growth and development.
- Teachers are important role models.
 - ▶ Next to parents, teachers are children's most important role models. You can be a powerful and positive influence on your students' eating habits.
 - ▶ Set an example by eating nutritious foods, and trying new and exciting foods yourself.
- Nutrition and learning go hand in hand.
 - ▶ Well-nourished children tend to have higher test scores, better school attendance, and fewer behavior problems in the classroom.
 - ▶ Under-nourished children may have difficulty focusing on task, have lower self-esteem, and are absent more often from school.



Activities for
Promoting Healthy
Eating at School



Key Points

Activities For Promoting Healthy Eating at Schools

1. There are many ways to create interest and educate students about healthy eating. Some of the suggested activities include:
 2. Posters and Displays
 3. Wellness Days/Health Fairs
 4. Celebrate Nutrition Month
 5. Healthy Eating Announcements
 6. Brown Bag Olympics
 7. Healthy Eating Goals
 8. Student Leaders
 9. Peer Educators
 10. Taste Testing
 11. Mystery Food
 12. Farm-to-School Projects
 13. Parent Education Seminars
 14. Healthy Eating Tips in School Newsletters

Activities For Promoting Healthy Eating at Schools

Posters and Displays (classroom or school)

- ▶ have students develop posters based on the food groups from Canada's Food Guide to Healthy Eating - either one poster with all food groups or separate posters for each food group. Students can draw or find pictures in fliers, magazines, or online of foods that fit into each food group (mural or collage format)
- ▶ have students develop posters that show foods that are considered 'everyday foods' and 'sometimes foods'
- ▶ have students develop posters of foods that fit into a healthy breakfast (including non-traditional breakfast foods)
- ▶ have students develop posters or displays explaining serving sizes
- ▶ have students develop healthy media messages and advertisements
- ▶ have students identify healthy foods that start with each letter of the alphabet
- ▶ have students develop posters that identify foods from a particular country
- ▶ display food guides from different countries
- ▶ display existing nutrition-related posters (e.g. Nutrition Month Posters, Milk Posters, etc)

Wellness Days/Health Fairs

- ▶ displays/booths can be developed by students and/or health professionals
- ▶ potential participants may include: government departments (Department of Education, Department of Health and Social Services, Department of Community and Cultural Affairs, Public Health Units), community groups, health alliances (Healthy Eating Alliance, Active Living Alliance, etc) and non-government organizations (Heart and Stroke Foundation, Canadian Cancer Society, etc).

Celebrate 'Nutrition Month' , "Health Eating Week" or any other Health Awareness Month

- ▶ refer to the "Health Promotion Calendar"

Healthy Eating Announcements

- ▶ during morning announcements have a student broadcast a tip about healthy eating.

Brown Bag Olympics

- ▶ for a set period of time (1-4 weeks) the class evaluates their lunch to see if it meets Olympic criteria (based on Canada's Food Guide to Healthy Eating). The class will be awarded a bronze, silver, or gold "medal" depending on the percentage of the class with an Olympic Lunch.
- ▶ all students who participate get a small token (such as a pencil or sticker)

Healthy Eating Goals

- ▶ class or whole school can set a goal for # of vegetables or fruit eaten
- ▶ competitions between classes or between students and teachers can be held to see which group meets the recommendations of Canada's Food Guide to Healthy Eating

Student Leaders

- ▶ one student is assigned for a week to act as a class leader in encouraging and promoting healthy eating among classmates

Peer Educators

- ▶ have older students teach younger students about healthy foods
- ▶ as part of a nutrition lesson have older students prepare nutritious snacks which can either be taken to a younger class or be used for a sampling session within their own class

Taste Testing

- ▶ before introducing a new item to the canteen or lunch program have a taste test for students to help them decide what products should be sold
- ▶ other taste testing activities can be incorporated into classroom lesson plans such as introducing new foods from various cultures or trying exotic fruits and vegetables.

Mystery Food

- ▶ class or school can participate. Each day/week announce a small fact about a mystery food (eg. this food is oval in shape and the skin is covered in a fine fur and is a high source of Vitamin C. Answer: A kiwi).
- ▶ students have the opportunity to guess what the mystery food is (a ballot box could be used) and the student(s) who guess(es) correctly wins a small prize (perhaps the mystery food).

Farm-to-School Projects

- ▶ schools buy fresh, seasonal produce from local farmers that use environmentally sustainable farming methods
- ▶ foods are then sold at the school
- ▶ field trips, school gardening, composting, taste testing, assemblies, and guest speakers are all example of activities that can be used as part of a Farm-to-School Project

Parent Education Seminars

- ▶ one time only or a series of seminars can be provided to parents on a variety of relevant topics (e.g. basics of healthy eating, lunch packing tips, etc)
- ▶ survey parents to find out what topics they are interested in and to find the most appropriate time/place to hold such events

Healthy Eating Tips in School Newsletters

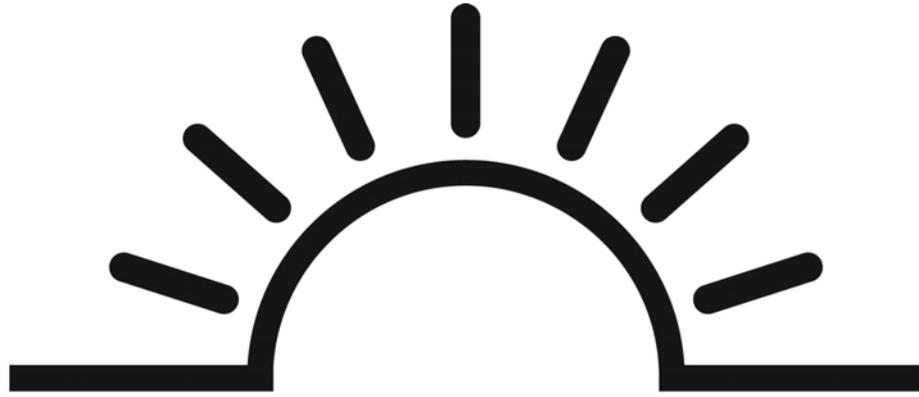
- ▶ insert monthly healthy eating tips from the Healthy Eating Alliance in school newsletters

Health Promotion Calendar September 2004 - August 2005

September 2004	October 2004	November 2004	December 2004
National Arthritis Month Breakfast For Learning Month Terry Fox Run - Sept 19 World Alzheimer's Day - Sept 21 AIDS Walk Canada - Sept 22	National Child Abuse Prevention Month Breast Cancer Awareness Month Autism Awareness Month Celiac Awareness Month Fire Prevention Week - Oct 3-9 National Family Week - Oct 4-10 National School Safety Week - Oct 17-23 Healthy Workplace Week - Oct 25-31 International Walk to School Day - Oct 6 World Food Day - Oct 16	Diabetes Month Osteoporosis Month Crohn's and Colitis Awareness Month C.P.R. Awareness Month National Seniors Safety Week - Nov 6-12 Universal Children's Day - Nov 20	Safe Driving Week - Dec 1-7 World AIDS Day - Dec 1 Int'l Day of Disabled Persons - Dec 3 National Day of Remembrance and Action on Violence Against Women - Dec 6 Human Rights Day - Dec 10
January 2005	February 2005	March 2005	April 2005
Alzheimer's Awareness Month National Non-Smoking Week - Jan 16-22 Weedless Wednesday - Jan 19 Family Literacy Day - Jan 27	National Heart Month Eating Disorders Awareness Week Feb 6-12 White Cane Week - Feb 7-11	National Nutrition Month National Epilepsy Month National Kidney Month Learning Disabilities Awareness Month Red Cross Month Healthy Eating Week - Mar 7-11 National Farm Safety Week - Mar 14-20 International Women's Day - Mar 8	National Cancer Month Dental Health Month Parkinson's Awareness Month National Volunteer Week - April 17-23 World Health Day - April 7 Earth Day - April 22
May 2005	June 2005	July 2005	
Speech and Hearing Month Medic-Alert Month Cystic Fibrosis Month Multiple Sclerosis Awareness Month National Physiotherapy Month Allergy Awareness Week - May 1-7 National Summer Safety Week - May 1-7 Occupational Safety & Health Week - May 1-7 Mental Health Week - May 2-8 National Nurses Week - May 9-15	National Road Safety Week - May 16-22 Aboriginal Awareness Week - May 24-27 World Asthma Day - May 3 World Red Cross Day - May 8 Canada Health Day - May 12 International Day of Families - May 15 National Missing Children's Day - May 25 World No Tobacco Day - May 31	Seniors Month Stroke Awareness Month Sun Awareness Week - May 30 - June 5 National Water Safety Week - June 1-8 World Environment Day - June 5 World Blood Donor Day - June 14 National Aboriginal Day - June 21	Canada's Parks Day - July 17 National Drowning Prevention Day - July 23 <hr/> August 2005 <hr/> First Aid Month International Youth Day - Aug 12 Camps for Kids

Adapted from: www.hc-sc.gc.ca/english/calendar.html





Non-Food
Suggestions for
Classroom Rewards



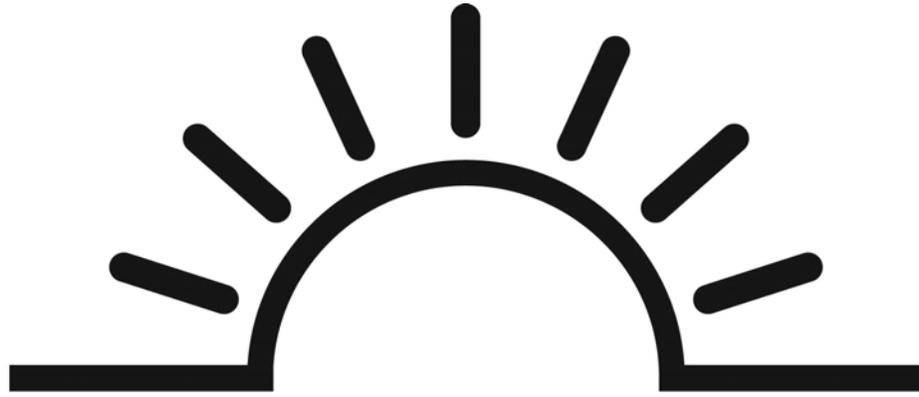
Non-Food Suggestions For Classroom Rewards

Offering food as a reward can set up habits and attitudes towards foods that may be unhealthy in the long run. For example: Kids may be encouraged to overeat if they are rewarded with food for doing well on a test, or by offering a sweet treat as a reward for eating vegetables makes one food seem better than another food, etc.

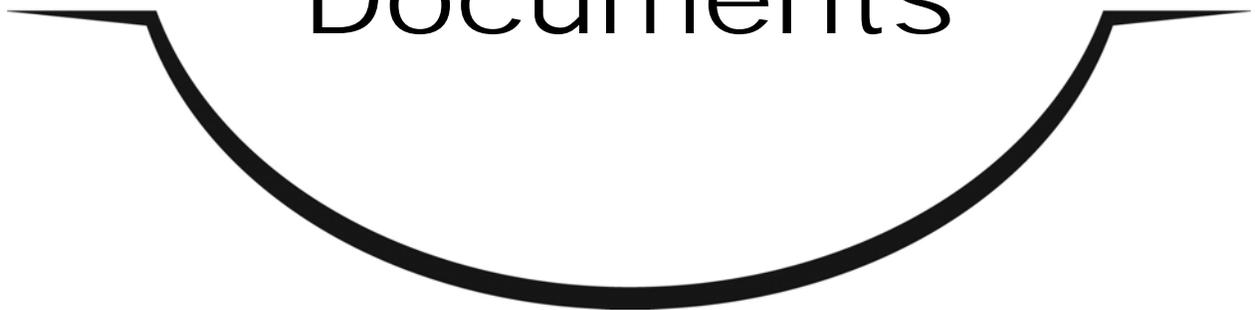
If you reward your students for good behaviour, use non-food rewards instead.

Some non-food rewards include:

- ★ Free Time
- ★ Extra Gym Time
- ★ Extra Computer Time
- ★ Homework Pass
- ★ Teacher's Helper For The Day
- ★ Eat Lunch With The Teacher
- ★ Stickers
- ★ Stamp Hand or Piece of Paper
- ★ Erasers
- ★ Pencils/Pens
- ★ Magnets



Canada's Food Guide
and Accompanying
Documents



Canada's Food Guide to Healthy Eating can be found online at:

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html

Using the Food Guide can be found online at:

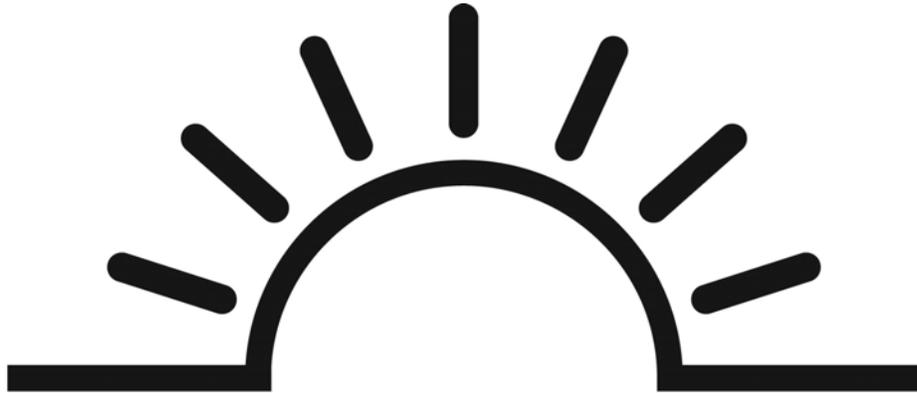
http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/using_food_guide_e.pdf

Focus on Children Six to Twelve Years can be found online at:

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/focus_child_e.pdf

Food Guide Facts Background for Educators and Communicators can be found online at:

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_background_intro_e.html



Nutrition Labelling



Nutrition Labelling

Nutrition labelling is a key factor in helping consumers make informed food choices. In January 2003, Health Canada announced new and improved mandatory nutrition information on food labels. Some manufacturers chose to start placing the nutrition information (or the *Nutrition Facts* table) on the label immediately, but companies have up to 3 years to comply with the regulations (Small businesses have until December 2007).

The improved labelling system reinforces healthy eating practices and enhances the nutritional health and well-being of Canadians.

Check out the following resources from *Healthy Eating is in Store For You* to help you (and your students) interpret and apply the nutrition information on packaged food labels. The resources should be appropriate for grades 4 and up.

To learn more about nutrition labelling visit the following websites:

- Health Canada - <http://www.healthcanada.ca/nutritionlabelling/>
- Healthy Eating is in Store For You - <http://www.healthyeatingisinstore.ca/>
(An instructors guide is available)

Look at the label

Nutrition information on food labels...

- Helps you make informed food choices
- Helps you follow Canada's Food Guide to Healthy Eating
- Is required on most packaged foods
- Is based on Health Canada's regulations



Nutrition claims

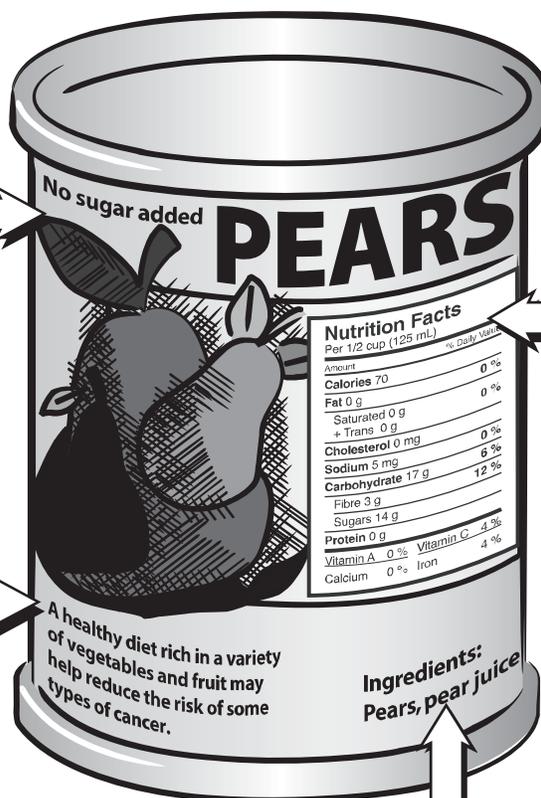
There are two types of nutrition claims:

1) Nutrient content claims

tell you about one nutrient such as sodium, fat or sugar.

2) Health claims

tell you how your diet can affect your health.



Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts

Per 1/2 cup (125 mL)

Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

Ingredient list

The ingredient list tells you what ingredients are in a packaged food.



Healthy Eating is in Store for You™
Faites provision de saine alimentation™

Fact Sheet # 1

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- Canadian Home Economics Association
- Canadian Public Health Association
- Consumers' Association of Canada
- Food and Consumer Products Manufacturers of Canada
- Kraft Canada Inc.
- Heart and Stroke Foundation of Canada - Health Check™ Program
- National Institute of Nutrition
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All about nutrients

Why are the nutrients on the Nutrition Facts table important for your health?

Fat

Fat provides energy and nutrients for your body. However, if you eat *too much* fat or *too much of certain kinds* of fat, such as saturated fat and trans fat, you could develop heart disease or type 2 diabetes.

Cholesterol

Your body makes *most* of its own cholesterol, but also gets *some* cholesterol from foods that you eat. Cholesterol builds the cells and hormones in your body. Too much cholesterol in your blood can lead to heart attacks or strokes.

Sodium

Sodium is another name for salt. Salt helps to balance the fluids in your body, but for some people, eating *too much* salt may be harmful.

Carbohydrate

Carbohydrate provides energy for your muscles and your brain. Sugar and fibre are two types of carbohydrate shown on the Nutrition Facts table.

If you have diabetes, you can help control your blood glucose by:

- Dividing carbohydrate evenly into meals and snacks throughout the day
- Eating foods high in fibre

Protein

Protein builds your muscles, bones and teeth.

Vitamins

Vitamin A keeps your skin and eyesight healthy. Vitamin C helps your body fight infections.

Minerals

Calcium gives you strong bones and teeth and may prevent osteoporosis. Iron helps your red blood cells carry oxygen throughout your body.

Eat a variety of foods to get the nutrients your body needs.



Nutrition Facts

Per 1 tablespoon (15 g)

Amount	% Daily Value
Calories 100	
Fat 8 g	12 %
Saturated 1 g + Trans 1 g	10 %
Cholesterol 0 mg	
Sodium 76 mg	3 %
Carbohydrate 3 g	1 %
Fibre 2 g	8 %
Sugars 0 g	
Protein 4 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 1 %	Iron 0 %



Healthy Eating is in Store for You
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Fact Sheet # 2

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Take 5 to read the facts

Got 5 minutes? Follow these 5 easy steps to read the Nutrition Facts table.

1 Serving size

If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.

2 Calories

Calories tell you how much energy you get from one serving of a packaged food.

3 Percent Daily Value (% Daily Value)

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

4 Get less of these nutrients:

- Fat, saturated fat and trans fat
- Cholesterol
- Sodium

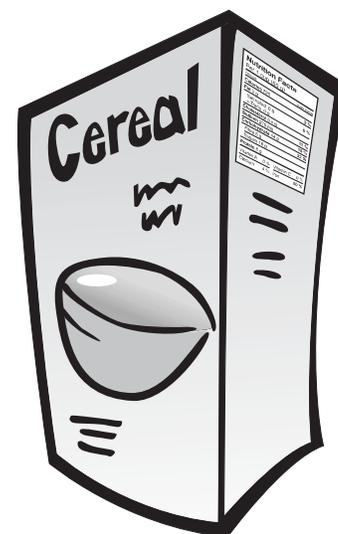
Choose packaged foods with a *low* % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.

Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
Calories 220	
Fat 2 g	3 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 270 mg	11 %
Carbohydrate 44 g	15 %
Fibre 8 g	32 %
Sugars 16 g	
Protein 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %

5 Get more of these nutrients:

- Carbohydrate
- Fibre
- Vitamin A and Vitamin C
- Calcium
- Iron

Choose packaged foods with a *high* % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.



Healthy Eating is in Store for You™
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Fact Sheet # 3

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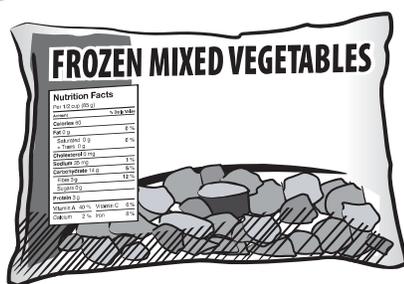
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Using percent Daily Value (% Daily Value)

Use % Daily Value to find out if there is a little or a lot of a nutrient in one serving of a packaged food.

What is % Daily Value?

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a *little* or a *lot* of a nutrient in one serving of a packaged food.

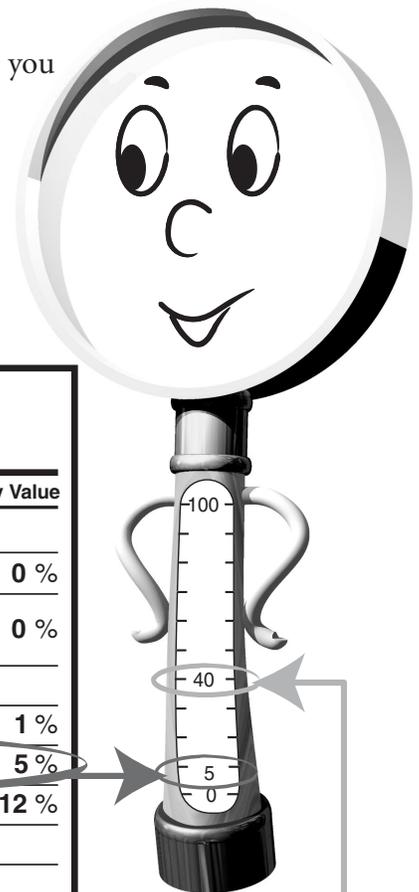


What is a *little* and what is a *lot*?

Let's look at the % Daily Value on the Nutrition Facts table for this package of vegetables:

- One serving has 5% Daily Value for carbohydrate. This is a *little* because it is *low* on the scale.
- One serving has 40% Daily Value for Vitamin A. This is a *lot* because it is *high* on the scale.

Nutrition Facts	
Per 1/2 cup (85 g)	
Amount	% Daily Value
Calories 60	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 35 ma	1 %
Carbohydrate 14 g	5 %
Fibre 3 g	12 %
Sugars 0 g	
Protein 3 g	
Vitamin A 40 %	Vitamin C 6 %
Calcium 2 %	Iron 8 %



Make healthy food choices by using % Daily Value.



Fact Sheet # 4

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Serving up nutrition facts

Why is the serving size on packaged foods important?

The serving size tells you how much food you need to eat to get the amount of Calories and nutrients shown on the Nutrition Facts table.

How is the serving size shown on the Nutrition Facts table?

There are two types of information that tell you about the serving size:

- **Household measurements**
Look for familiar words like *cup* and *pieces*.
- **Metric measurements**
Look for metric measurements like *mL (millilitres)* and *g (grams)*.

What if you eat less? What if you eat more?

If you eat *less* than the serving size shown on the Nutrition Facts table you will get *less* of the Calories and nutrients listed. If you eat *more* than the serving size shown, you will get *more* of the Calories and nutrients listed.

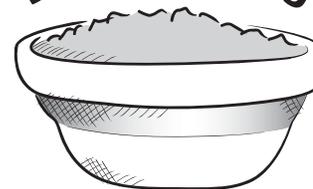
In this example, if you eat a double serving of this cereal, you will get double the Calories and double of all the nutrients, such as fibre.



Single serving



Double serving



Nutrition Facts

Per 1 cup (55 g)

Amount	% Daily Value
Calories 220	
Fat 2 g	3 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 270 mg	11 %
Carbohydrate 44 g	15 %
Fibre 8 g	32 %
Sugars 16 g	
Protein 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 40 %

Nutrition Facts

Per 2 cups (110 g)

Calories 440

64 %



Healthy Eating is in Store for You™
Faites provision de saine alimentation™

Fact Sheet # 5

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ADVISORY COMMITTEE:

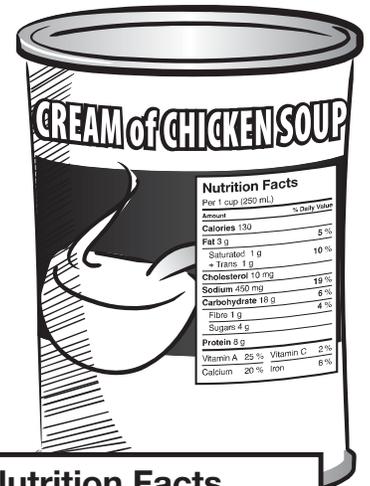
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Figure out the facts

What does the Nutrition Facts table tell you about this packaged food?

1. What is the serving size? _____
2. How many Calories are in one serving? _____
3. How many grams of fat are in one serving? _____
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
 - Get less of this nutrient**
(Hint: Choose packaged foods with a *low* % Daily Value.)
 - Get more of this nutrient**
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
 - Yes - Why? _____
 - No - Why? _____



Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
Calories 130	
Fat 3 g	5 %
Saturated 1 g + Trans 1 g	10 %
Cholesterol 10 mg	19 %
Sodium 450 mg	6 %
Carbohydrate 18 g	4 %
Fibre 1 g Sugars 4 g	
Protein 8 g	
Vitamin A 25 %	Vitamin C 2 %
Calcium 20 %	Iron 6 %



Healthy Eating is in Store for You™
Faites provision de saine alimentation™

Activity Sheet #1

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Figure out the facts

What does the Nutrition Facts table tell you about this packaged food?



1. What is the serving size? _____
2. How many Calories are in one serving? _____
3. How many grams of fat are in one serving? _____
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
 - Get less** of this nutrient
(Hint: Choose packaged foods with a *low* % Daily Value.)
 - Get more** of this nutrient
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
 - Yes - Why? _____
 - No - Why? _____

Nutrition Facts

Per		
Amount		% Daily Value
Calories		
Fat	g	%
Saturated + Trans	g	%
Cholesterol	mg	
Sodium	mg	%
Carbohydrate	g	%
Fibre	g	%
Sugars	g	
Protein	g	
Vitamin A	%	Vitamin C %
Calcium	%	Iron %



Healthy Eating is in Store for You™
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Activity Sheet #2

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Serve it up or serve it down!

If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed.



What happens if you eat less or more than the serving size shown?

1. Choose one packaged food.
2. Choose a nutrient on the Nutrition Facts table that is important to you. Write the name of this nutrient on the chart shown below.
3. Write the serving size, Calories and % Daily Value (or g/mg) shown on your package in the "Serving size on the package" column on the chart.
4. Fill in the new serving size, Calories and % Daily Value (or g/mg) for "Half a serving" and for a "Double serving" on the chart.
5. Which serving size is the best choice for you? Why?

Serving size on the package



Half a serving



Double serving



Nutrient _____	Serving size on the package	Half a serving (Hint: Divide by 2)	Double serving (Hint: Multiply by 2)
Serving size	_____	_____	_____
Calories	_____	_____	_____
% Daily Value	_____ %	_____ %	_____ %
Amount in g or mg	_____ g or mg	_____ g or mg	_____ g or mg



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Activity Sheet #5

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Frequently-asked questions about:

Nutrient content claims



Words used in nutrient content claims	What the words mean	Examples
Free	A nutritionally insignificant amount	Sodium free (less than 5 mg sodium per serving)
Low	Always associated with a very small amount of a nutrient	Low fat (3 g fat or less per serving)
Reduced	At least 25% less of a nutrient compared with a similar product	Reduced in Calories (At least 25% less energy than the food to which it is compared)
Source	Always associated with a significant amount	Source of fibre (2 g fibre or more per serving)
Light	If it is referring to a specific nutrient, it is only allowed on foods that are either reduced in fat or reduced in energy (Calories).	Light in fat Light in Calories
	"Light" can also be used to describe a feature of the food such as "light in colour."	Light in colour (An explanation on the label will explain what makes the food light, even if it is light in colour.)



Healthy Eating is in Store for You
Faites provision de saine alimentation

FAQ Sheet #1

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Frequently-asked questions about: Words to watch for

What other words will you see on the ingredient list for fat, saturated fat, sodium and sugar?



Nutrient	Words to watch for on the ingredient list
Fat	<ul style="list-style-type: none"> • Glycerides • Glycerol • Esters • Shortening • Oil
Saturated fat	<ul style="list-style-type: none"> • Tallow or beef fat, lard, suet, chicken fat, bacon fat • Butter • Coconut or coconut oil • Hydrogenated fats and oils • Cocoa butter • Palm or palm kernel oil • Powdered whole milk solids
Trans fat	<ul style="list-style-type: none"> • Hydrogenated fats and oils
Sodium (salt)	<ul style="list-style-type: none"> • Salt • Monosodium glutamate • Baking powder, baking soda • Disodium phosphate • Sodium bisulfate • Brine • Garlic salt, onion salt, celery salt • Soy sauce • Sodium alginate, sodium benzoate, sodium hydroxide, sodium propionate
Sugars	<ul style="list-style-type: none"> • Fructose, sucrose, maltose, lactose, honey • Liquid sugar, invert sugar, liquid invert sugar, syrup • Galactose, dextrose, dextrin, corn syrup solids, molasses, raisin syrup <p>Hint: Watch for words ending in "ose."</p>
Sugar alcohols	<ul style="list-style-type: none"> • Isomalt (also known as Palatinit) • Lactitol • Mannitol • Maltitol • Sorbitol • Xylitol <p>Hint: Watch for words ending in "ol."</p>



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FAQ Sheet #2

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Frequently-asked questions about:

The importance of nutrients

Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Fat	<ul style="list-style-type: none"> • Butter, margarine, oils • Baked goods (cookies, donuts, pastries) • Milk, cheese, ice cream, yogurt • Processed meats • Beef, pork, lamb, veal, chicken • Nuts 	<ul style="list-style-type: none"> • Provides Calories or energy • Carries and stores vitamins A, D, E, K • Insulates the body against cold • Cushions the skin, bones and internal organs
Saturated fat	<ul style="list-style-type: none"> • Butter, cheese, whole milk • Sour cream • Ice cream • Lard, shortening • Palm oil, coconut oil • Red meat 	
Trans fat	<ul style="list-style-type: none"> • Hydrogenated fats, oils, deep-fried foods and baked goods 	
Cholesterol	<ul style="list-style-type: none"> • Dairy products • Egg yolks • Meat • Organ meats 	Helps to make: <ul style="list-style-type: none"> • Some hormones • Vitamin D • Cell membranes • Bile salts used to digest foods
Sodium	Sodium or salt occurs naturally in many foods but it is also added to some processed foods such as bacon, soups, and potato chips.	<ul style="list-style-type: none"> • Balances body fluids • Helps transmit electrical signals through nerves



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Frequently-asked questions about: The importance of nutrients

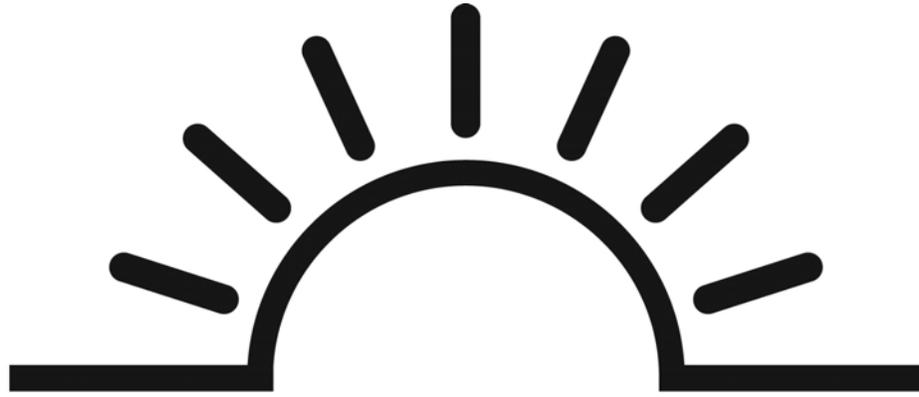
Nutrient	What foods supply us with this nutrient?	How does this nutrient help our bodies?
Carbohydrate	<ul style="list-style-type: none"> • Breads • Pastas • Vegetables • Fruit • Honey • Sugar • Milk 	Provides Calories or energy ready for your muscles and your brain to use
Fibre	<ul style="list-style-type: none"> • Whole-grain breads, cereals and pastas • Vegetables and fruit • Legumes 	<ul style="list-style-type: none"> • Aids in bowel regularity • Reduces risk of colon cancer • Lowers blood cholesterol
Sugars	<p>Foods with naturally occurring sugars:</p> <ul style="list-style-type: none"> • Milk • Fruits • Vegetables <p>Foods with added sugars:</p> <ul style="list-style-type: none"> • Sweetened juices • Sweetened soft drinks • Candy 	Provides Calories or energy ready for your muscles and your brain to use
Protein	<ul style="list-style-type: none"> • Milk, cheese, yogurt • Eggs • Meat, poultry, fish • Nuts, peanut butter • Baked beans 	Builds and repairs body tissues
Vitamin A	<ul style="list-style-type: none"> • Carrots • Squash • Dark green leafy vegetables 	<ul style="list-style-type: none"> • Maintains healthy skin • Provides good night vision
Vitamin C	<ul style="list-style-type: none"> • Citrus fruits • Strawberries 	<ul style="list-style-type: none"> • Builds and maintains connective tissues • Heals wounds • Fights infections
Calcium	<ul style="list-style-type: none"> • Milk • Cheese • Yogurt 	<ul style="list-style-type: none"> • Builds healthy bones and teeth
Iron	<ul style="list-style-type: none"> • Red meat • Raisins • Whole-grain breads and cereals 	<ul style="list-style-type: none"> • Produces red blood cells that carry oxygen throughout the body



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Faites provision de saine alimentation™

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Learning Activity Sheets: Grades 1-3





Active Living and Healthy Eating Student Song Sheet



Move, Move, Move Your Body

(To the tune of *Row, Row, Row Your Boat*)

Move, move, move your body,
It is good to play,
Running, skipping, jumping, biking,
Do it everyday.

Stretch, stretch, stretch your body,
Up and down and around,
Arms, legs, shoulders and neck,
Do it everyday.

Strong, strong, muscles and bones,
Help to keep you fit,
Lift, and push, and pull, and jump,
Do it everyday.

Freggie Cheer

Give me 5
Give me 10
Give me 5 to 10
Of what you say
Vegetables and fruit each day
It's the healthy way
So reach for it – 5 to 10 a day
Yeah vegetables
Yeah fruit
Yeah Freggie!



Funding for this project was provided through Partnerships for Children, an initiative of the Healthy Child Development Strategy.

03HS43-6052

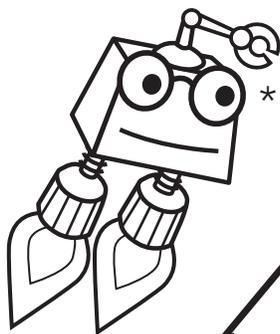
healthy foods taste great!





be active be healthy!

Eating breakfast gives you energy to start your day!
Colour the foods you like to eat for breakfast.



School _____ Grade _____ Age _____



BUILD A LUNCH

Pick the 4 foods you would most like to eat for lunch, by drawing a line from the food to the lunch box.



Soda pop



Apple or Banana



Hot Dog



Water



Bagel



Cheese



Chips



Cookies



Pizza



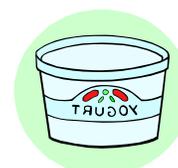
Sandwich



Cake



Veggies & Dip or Salad



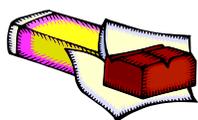
Yogurt



Hamburger



French Fries



Chocolate Bar



Juice



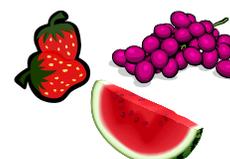
Muffin



Candy



Milk



Other Fruit

BUILD A DAY OF ACTIVITY

Pick the 4 things you would most like to do by drawing a line from the activity to the person.



Computer Time



Watch a movie



Biking



Play Video games



Hiking/Walking



Swimming



Play Cards or Board Games



Listen to Music



Playing with Friends



Play Outside



Martial Arts



Play a Musical Instrument



Talk with Friends



Watch TV



Dance



Rollerblading/
Skateboarding



Reading



Crafts



Playing on a team



Horseback Riding

Bingo

Materials:

- Food pictures (collect your own, or use the pictures provided in the Food Classification Games activity)
- Class set of Bingo Cards (template on next page)
- BINGO chips (you can use beans or pennies instead of chips)

Procedures:

- Collect a set of food pictures. Your set should include several foods from each food group and some from the Other Foods category.**
- Have students develop their BINGO card by drawing or writing in the name of foods for each square. Students must select from among the set of food pictures**
- Play Bingo**
 - Assign one student to be the caller.
 - Place the food pictures in a box.
 - The caller selects a food picture and calls it out to the class.
 - Students with a matching picture on their BINGO card mark off the matching square.
 - The first student with a complete row either across or diagonally wins a Balanced Meal BINGO. A student who completes a Food Group column can also be a BINGO winner.
 - Have the class verify that all the foods in a row or column are correctly classified.

Name: _____

Four Food Group Bingo

Grain Products	Vegetables & Fruit	Other Foods	Milk Products	Meat & Alternatives



Peanut Butter



Apple



Kool Aid



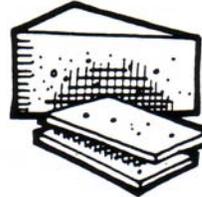
Cereal



Ketchup



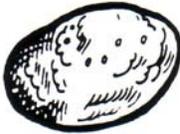
Baked Beans



Cheese



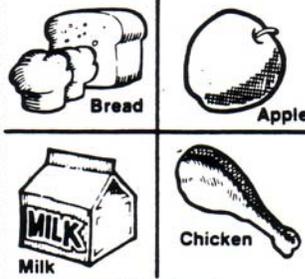
Strawberry Jam



Potato



Jello



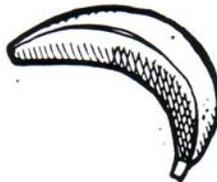
Wild Card



Popsicle



Milk



Banana



Potato Chips



Chicken



Chocolate Bar



Toast



Carrot



Ice Cream



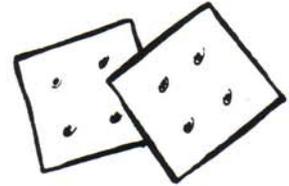
Butter



Yogurt



Roll



Crackers



Spaghetti



Noodles



Hot Cereal



Hot Chocolate



Rice



Pork Chop



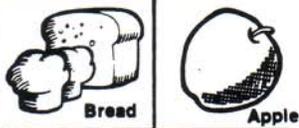
Tomato



Chocolate Milk



Round Steak



Bread

Apple



Milk

Chicken

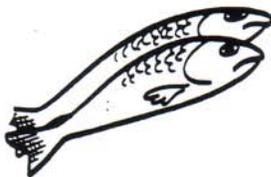
Wild Card



Nuts



Ice Cream Cone



Fish



Cabbage



Tuna



Milkshake



Milk Pudding



Corn



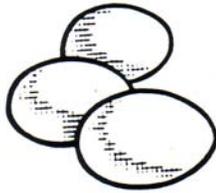
Grapes



Bran Muffin



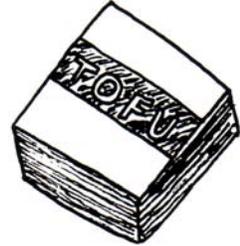
Fruit Juice



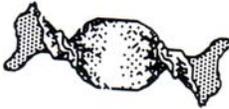
Eggs



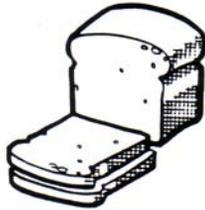
Milk



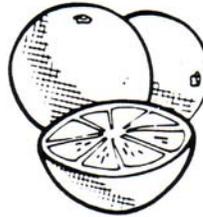
Tofu



Candy



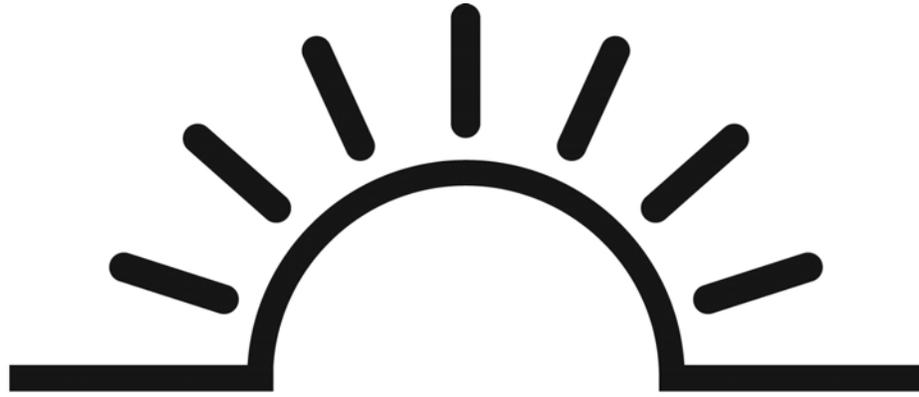
Bread



Orange



Pop



Learning Activity
Sheets: Grades 4-6



Name: _____

Canada's Guidelines For Healthy Eating

Fill in the blanks with the words below and give examples of how you can achieve each of the guidelines.

caffeine fat grain products physical activity variety

1. Enjoy a _____ of foods.
I can achieve this by: _____.
2. Emphasize cereals, breads, other _____, vegetables and fruit.
I can achieve this by: _____.
3. Choose lower fat dairy products, leaner meats and foods prepared with little or no _____
I can achieve this by: _____.
4. Achieve and maintain a healthy body weight by enjoying regular _____ and healthy eating.
I can achieve this by: _____.
5. Limit salt, alcohol and _____
I can achieve this by: _____.

Name: _____

What's the Serving Size?

Using *Canada's Food Guide to Healthy Eating*, determine the food group or Other Foods category to which each food belongs. Then determine the amount of one serving for each of the foods.

FOOD	FOOD GROUP OR CATEGORY	ONE SERVING EQUALS
bread	e.g., Grain Products	e.g., 1 slice
carrot		
peanut butter		
corn flakes		
chocolate milk		
butter		
salad		
pita bread		
cheese slices		
canned tuna		
pear		
cantaloupe pieces		
potato chips		
apple juice		
water		
French fries		
lentils		
rice		
eggs		

What's the Serving Size?

Answer Key

Using *Canada's Food Guide to Healthy Eating*, determine the food group or Other Foods category to which each food belongs. Then determine the amount of one serving for each of the foods.

FOOD	FOOD GROUP OR CATEGORY	ONE SERVING EQUALS
bread	Grain Products	1 slice
carrot	Vegetables & Fruit	1 medium
peanut butter	Meat & Alternatives	30 mL or 2 tbsp
corn flakes	Grain Products	30 grams
chocolate milk	Milk Products	250 mL or 1 cup
butter	Other Foods	no recommended size
salad	Vegetables & Fruit	250 mL or 1 cup
pita bread	Grain Products	½ pita
cheese slices	Milk Products	2 slices or 50 grams
canned tuna	Meat & Alternatives	1/3-2/3 can or 50-100 grams
pear	Vegetables & Fruit	1 medium
cantaloupe pieces	Vegetables & Fruit	125 mL or ½ cup
potato chips	Other Foods	no recommended size
apple juice	Vegetables & Fruit	125 mL or ½ cup
water	Other Foods	no recommended size
French fries	Vegetables & Fruit	125 mL or ½ cup or 10 fries
lentils	Meat & Alternatives	125-250 mL or ½ -1 cup
rice	Grain Products	125 mL or ½ cup (250 mL or 1 cup=2 servings)
eggs	Meat & Alternatives	1-2

Name: _____

Six Kinds of Nutrients

Food is made up of kinds of nutrients (NOO-tree-ents) which are needed to help people grow, be active, and stay healthy. Below, you see the names of the kinds of nutrients. The picture shows foods that contain that kind of nutrient. Decide what food group each food belongs to. Put its abbreviation on the line under the food.

FOOD GROUP

- Grain Products
- Vegetables & Fruit
- Milk Products
- Meat & Alternatives

ABBREVIATION

- G
- VF
- MP
- MA

Carbohydrates

(kahr-buh-HYE-drayts)

Carbohydrates give the body energy.



Water

Much of the body is water. It carries the other nutrients to all parts of the body. It carries waste from all parts of the body.



Proteins

(PROH-tee-ins)

Proteins help the body build and take care of all its parts- muscles, bones, nerves, skin and blood. Proteins can also supply energy.



Vitamins

Vitamins do many things to help the body grow and stay healthy.



Fats

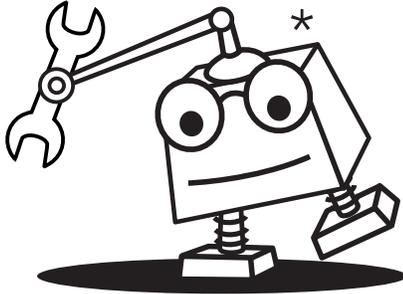
Fats supply lots of energy-more than twice as much as the same weight in proteins or carbohydrates.



Minerals

Minerals help the body in many ways. They help build bones and teeth. Minerals help muscles work the way they should.





The wires on our spaceship have come loose. Can you help *Handy-Bot** reconnect them? Match each vitamin and mineral with the awesome jobs they do to keep your body healthy.



Vitamins & Minerals



How They Work To Keep You Healthy

1. This mineral found in red meats and cereals helps carry oxygen in your blood and helps your body and brain make use of energy from food.
2. This "sunshine" vitamin found mainly in milk helps your body absorb the calcium and phosphorus you need for strong bones and teeth.
3. This vitamin is needed to help you stop bleeding when you are cut and is mainly found in dark green leafy vegetables like spinach.
4. Milk, meat, dried peas and beans are some of the foods which provide this mineral that you need to grow and to help fight infections.
5. This mineral found in milk products and meats works with calcium to build and maintain strong bones and teeth.
6. This vitamin in orange fruits and dark green and orange vegetables helps your cuts heal and helps your teeth and gums stay healthy.
7. Cereals are a source of some of these vitamins that help you use the energy from the foods you eat.
8. This vitamin from orange vegetables like carrots, pumpkins and sweet potato keeps your skin healthy and helps you see at night.
9. Milk products are the best source of this mineral that works with vitamin D and phosphorus to build and maintain strong bones and teeth.
10. This vitamin found mainly in vegetable oils helps your body maintain healthy cells and fight infections.

Adventures in learning, created by Canadian dietitians

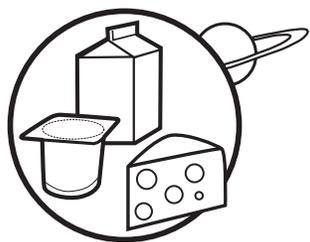


Grain Products
5-12 servings per day

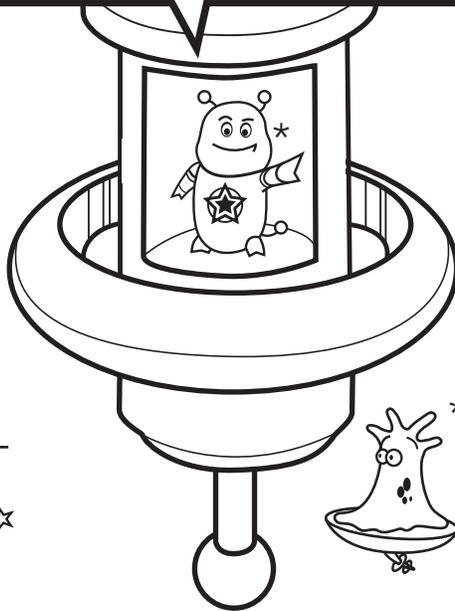
<input type="checkbox"/>					
<input type="checkbox"/>					

Milk Products
3-4 servings per day

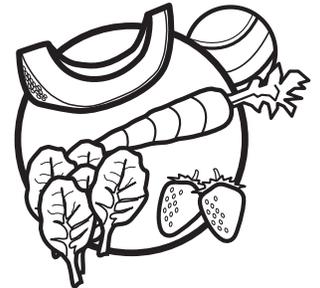
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



Healthy eating gives you energy and helps you grow and learn! Check out your food choices. Keep track of everything you eat and drink for a whole day. Write down how much you eat too. Check off one box for each serving you eat.



Write down all the "Other Foods" you eat that don't belong to a food group here:

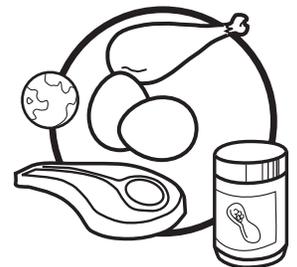


Vegetables & Fruit
5-10 servings per day

<input type="checkbox"/>					
<input type="checkbox"/>					

Meat & Alternatives
2-3 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------



Hint: Remember to count juice as a Vegetable and Fruit serving and milk as a Milk Product serving. Fruit beverages, fruit drinks and pop count as Other Foods.

Problems

Grade Level: 3-4

Skill: Math

Objective:

The students will solve addition, subtraction, multiplication, and division problems that focus on serving size and counting "5 to 10 a day".

Description:

Materials:

- Fruits and Vegetables Problem Sheet
- Nutrition Information - "Produce Information" at www.freggietales.com

Introduction:

- Students may need to review addition, subtraction, multiplication, and division skills, especially when regrouping or renaming is involved.
- Students may also need to review basic problem solving skills such as identifying the needed operation, excluding extraneous information, and determining if the actual question has been answered.

Group/Individual Activity:

- Have students solve the word problems on the 'Problem Solving' sheets.
- If problem solving sheets are used in a group setting, students may be asked to solve all or a designated number of problems, asking for assistance from group members as needed. After the set number of problems have been solved, group members should compare answers and try to reach a consensus as to the correct answers. The teacher may intervene when a consensus cannot be reached.

Related Activities:

Have students create their own fruit and vegetable word problems. Problems may be shared on the board or overhead, or the teacher can make a booklet of the class' problems.

Fruits and Vegetables Problem Sheet

1. Tom ate a salad for lunch. His salad had 3 servings of his "5 to 10 a day." Fill in the blanks to tell how much of each item he could have eaten to get 3 servings. [HINT: There is more than one correct answer.]

_____ mL lettuce leaves
_____ mL spinach leaves
_____ g carrots
_____ g tomatoes

2. The salad Tom ate for lunch contained 3 servings of fruits and vegetables. If he had a small glass of 100% juice for breakfast with his cereal, how many servings of fruits and vegetables does he need to eat for supper to get his "5 to 10 a day"?
3. Juanita loves Carrot & Mango salad. At lunch she ate salad that contained 80 g of shredded carrots, 104 g of mango and 250 mL of lettuce leaves. How many servings of fruits and vegetables did she get from the salad?
4. Jerry loves Fruit 'N' Juice Shakes for an afternoon snack. To make the shake, he used 1 banana, 190 mL of 100% orange juice, 250 mL of low fat vanilla yogurt, and 150 g of strawberries. How many servings of fruit are in this recipe? If the recipe makes enough for 2 glasses, how many servings of fruits will Jerry have if he and his friend Chad each have a shake?
5. Evelyn helped with dinner by cooking both broccoli and carrots in the microwave. She ate 100 g of broccoli and 80 g of carrots. How many servings of vegetables did she get from her dinner that night?
6. Have you ever stopped to measure your salads? Well, Glenys decided it would help her figure out her "5 to 10 a day", so she began to measure the salads she made for her family. She makes salads for 4 like this: 500 mL of spinach, 112 g of romaine lettuce, 160 g of carrots, 300 g of tomatoes, 100 g of cauliflower florets, and 100 g of broccoli florets. Add up the total number of servings for this salad, and figure out how many servings each person will get if all 4 people at the table get the same amount.
7. Dorum loves fruit salads, and decided to help make one for dinner. He is making a salad for 6 people. The salad contains 750 mL of watermelon chunks, 250 mL of grapes, 310 g of pineapple chunks, and 480 g of apples. He divides the salad into 6 bowls. How many servings of fruit salad will each person get?
8. Fernando and Omar made Musical Fruit Melodies for their school project. They made enough for 4 bowls. How many servings of fruits can you get if you have one bowl of their Musical Fruit Melodies. Here's the fruit they used in their recipe.

310 g chunked fresh pineapple	= 2 servings
125 g of banana	= 1 serving
250 mL of grapes	= 1 serving
160 g of orange	= 1 serving
160 g of apple	= 1 serving
508 g of carambola	= 4 servings
268 g of cantaloupes	= 2 servings

Problems Answer Sheet

1. There can be any combination of the four ingredients to reach 3 servings:

mL lettuce leaves	250 mL/serving
mL spinach leaves	250 mL/serving
g carrots	80 g/serving
g tomatoes	150 g/serving

2. To reach 5 to 10 servings Tom needs 1 to 6 servings with his lunch.

$$10 \div (3 + 1) = 6$$

$$5 \div (3 + 1) = 1$$

3. Juanita had 3 servings of fruits and vegetables in her salad.

Item	Serving size		Number of servings
80 g carrots	80 g/serving	80 g/80 g/serving	1 serving
104 g mango	104 g/serving	104 g/104 g/serving	1 serving
250 mL lettuce	250 mL/serving	250 mL/serving	<u>1 serving</u>
Total			3 servings

4. Jerry and Chad will each have 2 servings of fruit if they share the 4 servings shake equally.

Item	Serving size		Number of servings
1 banana	1 medium banana		1 serving
190 mL orange juice	190 mL/serving	190 mL/190 mL/serving	1 serving
250 mL yogurt	250 mL/serving	250 mL/250 mL/serving	1 serving
150 g of strawberries	150 g/serving	150 g/150 g/serving	<u>1 serving</u>
Total			4 servings

5. Evelyn consumed 2 servings of vegetables.

Item	Serving size		Number of servings
80 g carrots	80 g/serving	80 g/80 g/serving	1 serving
100 g broccoli	100 g/serving	100 g/100 g/serving	<u>1 serving</u>
Total			2 servings

6. Glenys has prepared a total of 10 servings which would be 2.5 servings/person if all 4 people shared equally in the salad.

Item	Serving size		Number of servings
160 g carrots	80 g/serving	160 g/80 g/serving	2 servings
500 mL spinach	250 mL/serving	500 mL/250 mL/serving	2 servings
112 g romaine lettuce	56 g/serving	112 g/56 g/serving	2 servings
100 g cauliflower	100 g/serving	100 g/100 g/serving	1 serving
300 g tomatoes	150 g/serving	300 g/150 g/serving	2 servings
100 g broccoli	100 g/serving	100 g/100 g/serving	<u>1 serving</u>
Total			10 servings

7. Each of the 6 people will get 1.5 servings of fruit salad.

Item	Serving size		Number of servings
750 mL watermelon	250 mL/serving	750 mL/250 mL/serving	3 servings
250 mL grapes	250 mL/serving	250 mL/250 mL/serving	1 servings
310 g pineapple	155 g/serving	310 g/155 g/serving	2 servings
480 g of apples	160 g/serving	480 g/160 g/serving	<u>3 servings</u>
		Total	9 servings

8. Fernando and Omar have made a fruit salad with a total of 12 servings of fruit. If an equal amount is placed in each bowl one bowl will have 3 servings ($12/\text{servings}/4\text{bowl}$) of fruit salad.

310 g chunked fresh pineapple	2 servings
125 g of banana	1 serving
250 mL of grapes	1 serving
160 g of orange	1 serving
160 g of apple	1 serving
508 g of carambola	4 servings
268 g of cantaloupes	<u>2 servings</u>
Total	12 servings

Edible Plants

Grade Level: 3-4

Skill: Science

Objective:

Edible Plant Parts -- What part of the plants are we eating, anyway?

The students will determine what part of the plant they are eating when they eat different fruits and vegetables. This can be a one day lesson or an experiment that runs until the plant matures. The easiest plants to work with are beans and should be done in the spring of the year. Depending on the variety it will take 4 to 6 weeks for the plant to reach maturity.

Description:

Materials:

- Ask the children to share one fruit or vegetable from their lunch or bring a fruit or vegetable from home.
- "What Part of the Plant Are We Eating, Anyway?" sheets.
- Bean seeds
- Potting soil and two 6" pots with bases

Introduction:

- Begin a discussion by asking students about the part of the plant they eat when they eat a carrot, a potato, broccoli.
- Plant 3 bean seeds per pot and water thoroughly, place the pots in bright sunlight.
- Take names of student volunteers for watering the plants.
- Prior to planting the bean seeds explain that we eat the seeds of the bean plant. As the plants begin to grow and reach a height of 15-20 cm pull one from the pot to show the students the roots that the plant uses to absorb water and nutrients from the soil. Also explain the different parts of the plant to the students starting with the roots and moving up to the stem and then the leaves.
- Students have a chance to demonstrate what they already know about this topic by filling in their guesses on the 'What Part of a Plant Do We Eat' sheet. This should be done before any answers are looked up.

Group/Individual Activity:

- Make a collage of fruit and vegetable pictures that are seeds, leaves, stems, roots, and flowers.
- Ask the children to make a list of root crops that we eat, seeds that we eat, leafy crops that we eat, pods that we eat, stems that we eat and flowers that we eat.

What Part of the Plants Are We Eating, Anyway?

Item	Part of the plant
Asparagus	_____
Banana	_____
Broccoli	_____
Cabbage	_____
Green Beans	_____
Peas	_____
Pinto Beans	_____
Radishes	_____
Spinach	_____
Tomato	_____

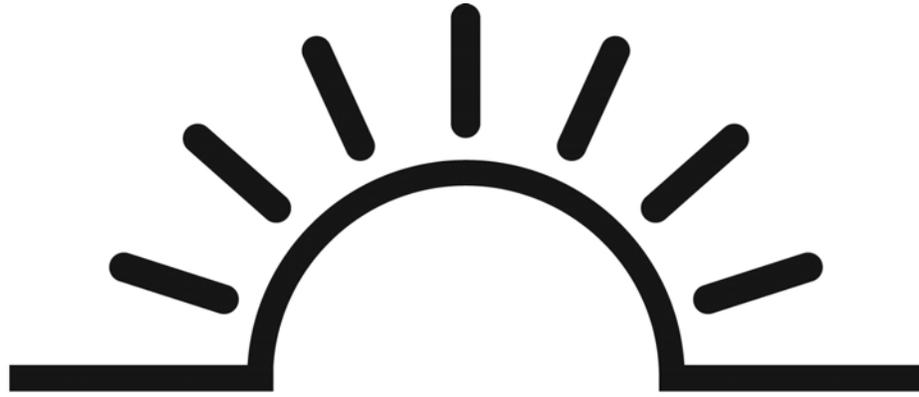
root crops	seeds	leafy crops	Pods	fruits	flowers	stems

Edible Plants Answer Sheet

What Part of the Plants Are We Eating, Anyway?

Item	Part of the plant
Asparagus	Stem
Banana	Fruit
Broccoli	Stem
Cabbage	Leaves
Green Beans	Pod
Peas	Seed
Pinto Beans	Seed
Radishes	Roots
Spinach	Leaves
Tomato	Fruit

root crops	seeds	leafy crops	Pods	fruits	flowers	stems
beets carrots garlic onions parsnips peanuts potatoes radishes rutabagas scallions turnips yams	peas pumpkin seeds sunflower seeds	beet greens brussels sprouts cabbage chard cilantro endive kale lettuce okra parsley spinach	Chili peppers green beans snow peas wax beans	apples apricots artichoke avocado banana berries cranberries cucumber figs grapefruit kiwi kumquat lemons mangos orange papaya peach pineapple plums pomegranate strawberries tangerines tomatoes	Marigold Nasturtium	asparagus bamboo shoots broccoli celery leeks mushrooms



Learning Activity
Sheets: Grades 7-9



Spencer Sweet Potato's Jazzy Crossword Puzzle



*When I'm not playing my saxophone
I love to do crossword puzzles.
Here's a crossword puzzle about sweet potatoes
that I created just for you!*

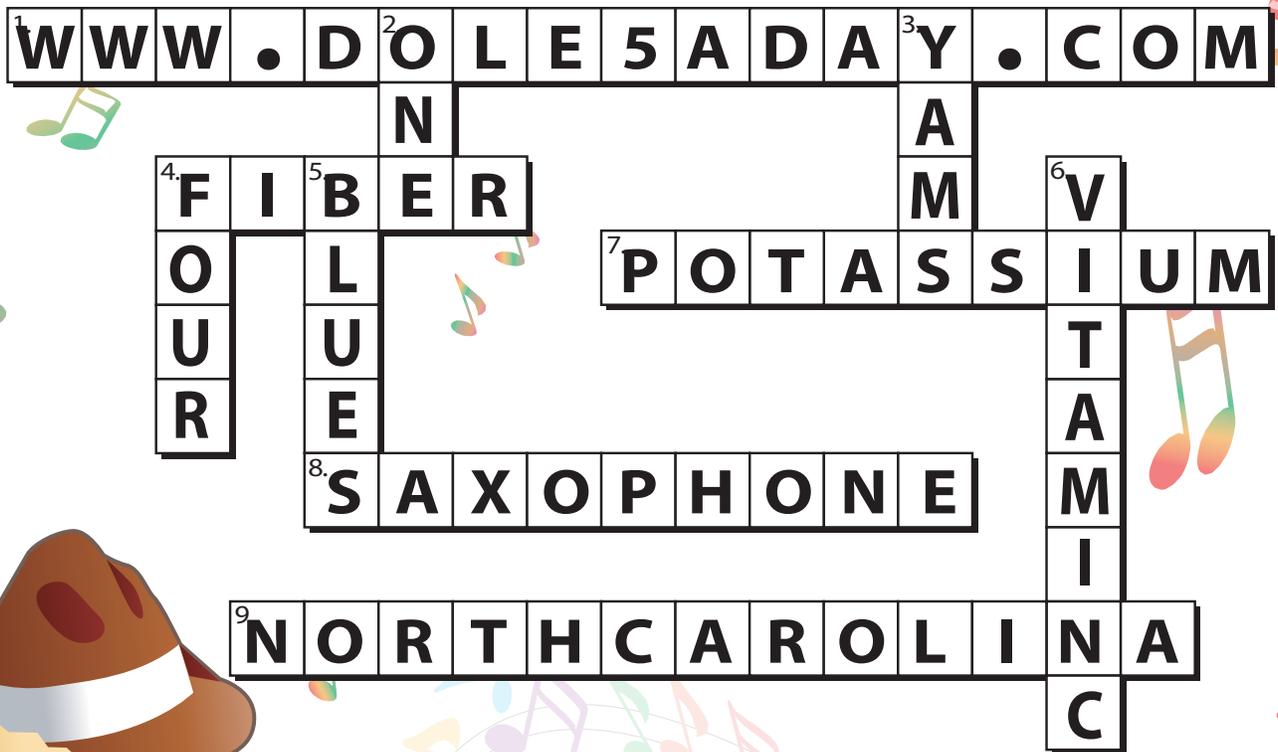
ACROSS

1. A website where you can learn more about sweet potatoes and 5 A Day.
4. Sweet potatoes are a good source of _____, which helps maintain a healthy digestive tract.
7. Sweet potatoes are a good source of _____, a mineral that helps maintain healthy blood pressure levels.
8. Musical instrument that Spencer loves to play.
9. U.S. state that grows the most sweet potatoes.

DOWN

2. One medium sweet potato counts as _____ serving of your 5 A Day.
3. A tuber that is commonly confused with sweet potatoes, which are root vegetables.
4. One medium sweet potato contains over _____ times your daily vitamin A.
5. Spencer's favorite type of music (*Hint: rhymes with "clues"*).
6. Sweet potatoes are an excellent source of _____, which helps maintain a healthy immune system.

Spencer Sweet Potato's Jazzy Crossword Puzzle Answers



ACROSS

1. A website where you can learn more about sweet potatoes and 5 A Day.
4. Sweet potatoes are a good source of _____, which helps maintain a healthy digestive tract.
7. Sweet potatoes are a good source of _____, a mineral that helps maintain healthy blood pressure levels.
8. Musical instrument that Spencer loves to play.
9. U.S. state that grows the most sweet potatoes.

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2. One medium sweet potato counts as _____ serving of your 5 A Day.
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4. One medium sweet potato contains over _____ times your daily vitamin A.
5. Spencer's favorite type of music (*Hint: rhymes with "clues"*).
6. Sweet potatoes are an excellent source of _____, which helps maintain a healthy immune system.

Kurt & Casey Collard Greens' Leafy Greens Word Search



Howdy, partner
My name is Kurt, and here, in the red boots, is my dance partner Casey. When we're not out dancing, we love to create word search puzzles. We created this leafy greens word search puzzle just for you! Have fun finding words that describe these delicious vegetables and the nutrients they contain.

All the words in the list below are in the puzzle. You can find them spelled horizontally, vertically, diagonally, forward or backward...but they will always be in a straight line. Circle each word or phrase.



F	O	O	D	G	K	O	D	S	T	Z	X	S	S	K
I	O	F	O	L	I	C	A	C	I	D	W	N	N	M
B	N	J	C	U	F	L	N	W	S	F	H	E	E	U
E	D	O	Q	A	A	D	D	A	V	C	Q	E	E	S
R	K	I	R	D	L	Y	E	R	A	P	W	R	R	T
G	N	Y	U	I	V	C	L	N	A	B	O	G	G	A
S	N	E	E	R	G	P	I	N	R	U	T	D	Y	R
I	N	R	Q	N	Y	P	O	U	T	C	V	R	F	D
T	O	T	S	Z	S	P	N	R	M	N	I	A	A	G
A	R	U	G	U	L	A	G	E	F	I	T	L	E	R
G	V	N	X	P	D	X	R	W	F	M	A	L	L	E
E	C	U	T	T	E	L	E	N	I	A	M	O	R	E
T	T	S	U	X	Z	L	E	E	X	T	I	C	T	N
E	L	A	K	W	M	G	N	V	K	I	N	A	M	S
R	I	W	F	D	R	D	S	X	B	V	A	Z	E	D

- Spinach
- Romaine Lettuce
- Collard Greens
- Arugula
- Dandelion Greens
- Turnip Greens
- Kale
- Mustard Greens
- Calcium
- Fiber
- Iron
- Vitamin A
- Vitamin C
- Folic Acid
- Raw
- Salad
- Leafy Greens



Answers to Kurt & Casey Collard Greens' Leafy Greens Word Search



F	O	O	D	G	K	O	D	S	T	Z	X	S	S	K
I	O	F	O	L	I	C	A	C	I	D	W	N	N	M
B	N	J	C	U	F	L	N	W	S	F	H	E	E	U
E	D	O	Q	A	A	D	D	A	V	C	Q	E	E	S
R	K	I	R	D	L	Y	E	R	A	P	W	R	R	T
G	N	Y	U	I	V	C	L	N	A	B	O	G	G	A
S	N	E	E	R	G	P	I	N	R	U	T	D	Y	R
I	N	R	Q	N	Y	P	O	U	T	C	V	R	F	D
T	O	T	S	Z	S	P	N	R	M	N	I	A	A	G
A	R	U	G	U	L	A	G	E	F	I	T	L	E	R
G	V	N	X	P	D	X	R	W	F	M	A	L	L	E
E	C	U	T	T	E	L	E	N	I	A	M	O	R	E
T	T	S	U	X	Z	L	E	E	X	T	I	C	T	N
E	L	A	K	W	M	G	N	V	K	I	N	A	M	S
R	I	W	F	D	R	D	S	X	B	V	A	Z	E	D

- Spinach
- Romaine Lettuce
- Collard Greens
- Arugula
- Dandelion Greens
- Turnip Greens
- Kale
- Mustard Greens
- Calcium
- Fiber
- Iron
- Vitamin A
- Vitamin C
- Folic Acid
- Raw
- Salad
- Leafy Greens

Name: _____

Healthy Lifestyle Fill in the Blanks

enjoyable	genes	parents	bad	stomachs
worrying	good	body	fitness	nutrients
body image	feel better	legs	well being	food intake
muscles	exercise			

1. Heredity refers to qualities or traits we receive from our _____.
2. There are no “_____” foods or “_____” foods. All foods can fit into a healthy diet.
3. Physical activity can be an _____ part of life.
4. Self-esteem is probably the biggest factor that influences our _____.
5. Most pictures of models in magazines have computer changes making their _____ look longer, their _____ look flatter, and their _____ look bigger.
6. During your pre-teen and teen years your _____ is changing quickly.
7. Eating according to *Canada's Food Guide to Healthy Eating* will give your body the _____ it needs.
8. The _____ that we inherit from our mother and father determine approximately 70% of our body weight and shape.
9. Regular physical activity improves a person's _____, body shape and size, self-esteem and sense of _____.
10. Many people find comfort in eating certain types of food to help make them _____.
11. Some people with a negative body image restrict their _____ or _____ excessively.
12. Adolescents who spend hours _____ over their “imperfect” bodies are missing out on the things in life that really matter.



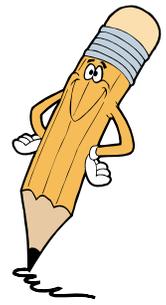
Healthy Lifestyle Fill in the Blanks

Answer Sheet

1. Heredity refers to qualities or traits we receive from our parents.
2. There are no “good” foods or “bad” foods. All foods can fit into a healthy diet.
3. Physical activity can be an enjoyable part of life.
4. Self-esteem is probably the biggest factor that influences our body image.
5. Most pictures of models in magazines have computer changes making their legs look longer, their stomachs look flatter, and their muscles look bigger.
6. During your pre-teen and teen years your body is changing quickly.
7. Eating according to Canada’s Food Guide to Healthy Eating will give your body the nutrients it needs.
8. The genes that we inherit from our mother and father determine approximately 70% of our body weight and shape.
9. Regular physical activity improves a person’s fitness, body shape and size, self-esteem and sense of well being.
10. Many people find comfort in eating certain types of food to help make them feel better.
11. Some people with a negative body image restrict their food intake or exercise excessively.
12. Adolescents who spend hours worrying over their “imperfect” bodies are missing out on the things in life that really matter.



Canada's Food Guide to Healthy Eating Check List



Food Group	Number of Servings	Total
Grain Products (5-12 servings/day)	<input type="checkbox"/>	
Vegetables & Fruit (5-10 servings/day)	<input type="checkbox"/>	
Milk Products (3-4 servings/day)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Meat & Alternatives (2-3 servings/day)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Other Foods		

Note: Shaded area indicates minimum number of servings in each food group.

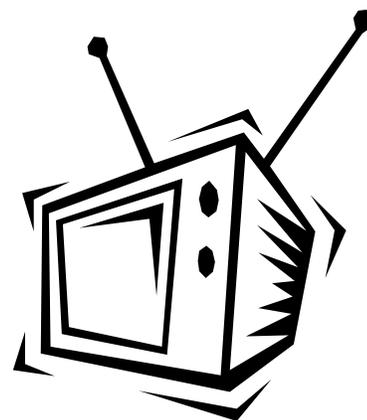
Name: _____

TV Unplugged

When we watch television or read magazines or newspapers, it is important to be able to look at them critically in order to understand the messages that they are trying to give us.

Choose a fictional television show (e.g., sitcom) that you like. As you watch it, answer the questions listed below. You may want to watch the show more than once.

1. Name of show:
2. Does the female character(s) portray any stereotypes about food choices, or body shape and size (e.g., thin, attractive girl is popular)? If yes, describe.
3. Does the male character(s) portray any stereotypes about food choices, or body shape and size (e.g., heavy boy eats lots of high fat foods)? If yes, describe.
4. What message(s) about food choices, body image, body shape/size or the standard of beauty are reflected by the character(s) (e.g., words, actions).
5. How do you feel about the messages of body image, body shape/size or the standard of beauty reflected by the character(s)?
6. Do the characters in the show reflect individuals in real life? Describe.



Cheddarville Chokes on Food Quiz

Cheddarville Daily

Think you know what healthy eating is all about? Well, if you're anything like the kids at Cheddarville Middle School, maybe you'd better think twice.

According to a recent survey in the student 'zine, only a few got all the food quiz questions right.

Sure everybody's heard of Canada's Food Guide. They know it's the basis for healthy eating. But for many Cheddarville-ites that's where it ended. Survey takers could find only a handful of kids who knew why eating well is such a big deal. And only a few could plan a

nutritious three-day menu.

Hard to believe? Are Cheddarville students really so far behind the curve? Or could all of us use a nutrition tune-up?

Try this quiz yourself. How much do YOU know about *Canada's Food Guide to Healthy Eating*?

1. Name the food groups and state the range of servings recommended for each. (2 points each)
To score points, the correct names must be used.

Food Group

Range of Servings Recommended

8

2. What are the two key messages of the food guide? (5 points each)

a) _____

b) _____

10

3. Identify the food group to which each of the following foods belong. (1 point each)

- | | |
|--------------------------------|------------------------|
| • Ice cream _____ | • Butter _____ |
| • Chocolate chip cookies _____ | • Peanut butter _____ |
| • Baked beans _____ | • Juice _____ |
| • Water _____ | • Chocolate Milk _____ |
| • Popcorn _____ | • French fries _____ |
| • Potato chips _____ | • Corn _____ |

12

4. Circle the correct serving size in each of the following statements. (2 points each)

- A serving of milk is 125 mL; a pail-ful; 250 mL; 375 mL; a litre.
- A serving of rice is 50 mL; 250 mL; 125 mL; too much; 375 mL.
- A serving of salad would be a big bowl; 125 mL; as much as you want; 250 mL; one lettuce leaf smothered in salad dressing.
- A serving of eggs would be whatever a chicken lays in a day; 5 eggs; 2-3 eggs; 1-2 eggs; as many as you like.
- A serving of potato chips is a large bag; a 120 g bag; there is no serving size for Other Foods; a 350 g bag.

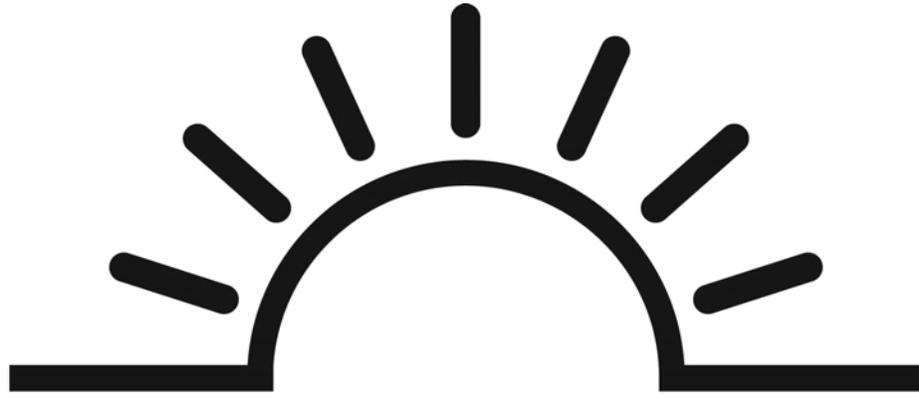
10

Answers to Food Quiz

- | 1. Food Group | Range of Servings Recommended |
|---------------------|-------------------------------|
| Grain Products | 5-12 |
| Vegetables & Fruit | 5-10 |
| Milk Products | 3-4 for teens |
| Meat & Alternatives | 2-3 |
2. The two key messages of the food guide are:
- *Choose a variety of foods from each food group every day.*
 - *Choose lower fat foods more often.*
- 3.
- Ice cream (*Milk Products*)
 - Chocolate chip cookies (*Grain Products*)
 - Baked beans (*Meat & Alternatives*)
 - Water (*Other Foods*)
 - Popcorn (*Grain Products*)
 - Potato chips (*Other Foods*)
 - Butter (*Other Foods*)
 - Peanut butter (*Meat & Alternatives*)
 - Juice (*Vegetables & Fruit*)
 - Chocolate milk (*Milk Products*)
 - French fries (*Vegetables & Fruit*)
 - Corn (*Vegetables & Fruit*)
- 4.
- A serving of milk is *250 mL*
 - A serving of rice is *125 mL*
 - A serving of salad would be *250 mL*
 - A serving of eggs would be *1-2 eggs*
 - A serving of potato chips is *there is no serving size for Other Foods*

Scoring

- If you scored 30-40 Excellent! You have a good handle on the food guide!
The rest should be a breeze.
- If you scored 20-30 Great work! Now let's see how you can put your knowledge to work...
- If you scored 10-20 Not bad...if you grew up on another planet.
- If you scored 0-10 Oh-oh. We've got some work to do here.



Where to Find More
Activities



Where to Find More Activities: Useful Nutrition Websites for Educators

PEI Healthy Eating Alliance:

Lots of information for educators, parents, and kids alike!

www.healthyeatingpei.ca

Health Canada:

Includes Canada's Food Guide to Healthy Eating and other resources.

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/healthy_eating_e.html#general

Dietitians of Canada:

Great nutrition information and games everyone.

<http://www.dietitians.ca>

Mission Nutrition:

Excellent site for educators. Activities and lessons are tailored for the K- grade 8 audiences.

<http://www.missionnutrition.ca>

Discovery Healthy Eating:

Excellent site for educators. Activities and lessons are tailored for the grades 1-8 audiences.

http://www.city.toronto.on.ca/health/dhe_index.htm

The Dairy Farmers of Canada - Maritimes:

Recipes and activities.

<http://www.justaddmilk.ca>

Breakfast For Learning:

Great resource! Research about the benefits of consuming breakfast and connection between breakfast and learning in children.

<http://www.breakfastforlearning.ca>

Fight Bac!:

Fun and educational information about food safety for students, parents and teachers.

<http://www.canfightbac.org>

Food and Nutrition Information Center:

Food and nutrition topics from A-Z. Useful and comprehensive.

<http://www.nal.usda.gov/fnic/etext/fnic.html>

March 2005



Health Finder:

Nutrition games and activities online for students.

http://www.healthfinder.gov/scripts/kids_games.asp

Produce for Better Health Foundation:

Focus on fruits and vegetables. Activities and lessons are tailored for the K - grade 6 audiences.

<http://www.5aday.org>

Kid Health:

Nutrition games and health information online for students.

<http://www.kidshealth.org/kid/closet/>

Dole 5 A Day:

Very kid friendly site with resources for educators.

http://www.dole5aday.com/Teachers/T_Index.jsp

Freggie Tails:

Very kid friendly site with resources for educators.

<http://www.freggietales.com>

A to Z Teacher Stuff:

Designed to help teachers find online resources more quickly and easily. Offer lesson plans, thematic units, teacher tips, teacher discussion forums, and downloadable teaching materials.

http://atozteacherstuff.com/Themes/Food__Nutrition/index.shtml

Teach-Nology:

Searchable directory of free online lessons plans and resources for all grades/ subjects.

http://www.teach-nology.com/teachers/lesson_plans/health/nutrition/

Lesson Planz:

Searchable directory of free online lessons plans and resources for all grades/ subjects.

<http://www.lessonplanz.com>