

Materials	Paper, pen
Learning Outcome	Describe different ways foods are processed and classify foods as whole, processed, or highly processed.

Description

Ask the child if they know what is meant by the term processed foods. If they need support answering, share that processed foods are foods that have been cooked, canned, frozen, or packaged. Any time a food is cooked and prepared from its original state, it has been processed. Ask the child the following questions about processed foods and discuss the answers with them.

- Are processed foods healthy (e.g., it depends what has been added to it or in what way it has been processed)?
- Can you think of examples of healthy processed foods (e.g., steamed broccoli, frozen berries, plain yogurt, etc.)?
- Can you think of highly processed foods (e.g., cereals, chocolate bars, hot dogs, chips, sodas, etc.)?

Explain to the child that it is important to limit eating highly processed foods due to their negative health effects. Challenge the child to choose different foods and list the ways they are processed. The child will start by identifying the whole food, then listing how the food can be processed, and then finally, how it can be highly processed. The child can draw their answers if they would like. Share the images below to provide the child with an example of how they can draw and label their answers.



Fresh blueberries



Frozen blueberries



Blueberry muffins



Blueberry ice cream

Support the child as needed to brainstorm different types of processing for different foods. Encourage the child to try to brainstorm at least five different foods with 3-4 different levels of processing. After the child completes the activity, ask them to look at the differences between the whole food and the highly processed food and consider all the ingredients that go into the highly processed food.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *What are realistic ways you can limit the amount of highly processed foods you eat?*
- *How do you think the amount of highly processed foods has changed over time? Why do you think this is?*