

Materials	Access to the internet, paper, pen
Learning Outcome	Analyze historical versions of Canada's Food Guide and summarize key points of information.

Description

Ask the youth if they are aware of how food recommendations in Canada have changed over the decades. Explain that food recommendations align with the research or understanding of nutrients and foods at that time in history. Food research has led to various updates to food recommendations over the years. Invite the youth to visit the [History of Canada's Food Guides from 1942 to 2007](#) and review the various food guides. Ask the youth to compare this information to [Canada's Food Guide](#) launched in 2019.

After the youth has read the web pages, ask them to identify ten interesting facts and write them on a piece of paper. The facts can be comparisons of the food guides or simply interesting components from different food guides over the years. Once complete, have the youth share their facts and ask them to explain what they found interesting.

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 youth the reflection questions below and discuss the answers together.

- *How are historical events related to the recommendations in the different food guides (e.g., war, new methods of transportation, etc.)*
- *Which food guide do you think is the most different compared to the other food guides?*