

Materials	Pictures of processed and unprocessed foods, two baskets or containers
Learning Outcome	Classify processed and unprocessed foods and describe why it is important to limit highly processed foods.

Description

Introduce the concept of processed foods to the child. Processed foods are foods that are changed from their natural form. Explain to the child that eating too many processed foods is not good for our bodies or our brains. For more information about processed foods, visit Canada's Food Guide and read the [Limit Highly Processed Foods](#) page. Prepare pictures of processed and unprocessed foods and scatter them throughout the playing area. An alternative to pictures could be placing real food products and processed food boxes. Examples of processed foods and unprocessed foods are:

PROCESSED FOODS	UNPROCESSED FOODS
chips granola bars soda deli meat cookies chicken fingers frozen pizza juice	fresh vegetables fresh fruit eggs fresh chicken nuts plain oatmeal fresh fish quinoa

Place the two baskets or containers on opposite sides of the playing area. One basket or container is for placing pictures of processed foods and the other is for placing pictures of unprocessed foods. After discussing processed and unprocessed foods, ask the child to sort the items into the appropriate basket or container.

Support the child if they have questions and once they have sorted all the items, review how they sorted them and discuss if any should be moved to the other basket or container.

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.

- Can you think of alternatives to processed foods that you can make at home that are healthier for you (e.g., homemade energy bites vs. store bought granola bars, homemade fruit salad vs. store bought canned fruit)?
- Do you feel a difference in your energy when you eat unprocessed foods? Processed foods? Why or why not?