

Materials	Access to the internet, paper, pencil
Learning Outcome	Create a healthy meal plan and develop a grocery list for the required foods and ingredients.

## Description

Share with the child the benefits of planning what you eat, which includes making healthier choices, saving time grocery shopping, getting meals on the table faster, and reducing food waste by only buying what you need and will use. Review the *How to make a meal plan and stick to it* section of the [Plan what you eat page](#) from Canada's Food Guide together. Use the tips provided and challenge the child to create a healthy meal plan and grocery list for the household for 2-3 days. The meal plan should include breakfast, lunch, supper, and snack foods.

After choosing the meals, ask the child to create a grocery list for the ingredients and foods required for the meal plan. Support the child with making the list and discuss what ingredients and foods are already at home (e.g., spices, oils, etc.). As the child prepares to write the grocery list, talk to them about the layout of the grocery store where you will buy the groceries to support with the order of the list. When possible, shop for the groceries and follow the meal plan, inviting the child to help with meal preparation as applicable. Be sure to support the child with washing and chopping the food as needed.

## 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.

- Which meal was the hardest to meal plan? Why?
- What did you have to think about when writing your grocery list?