

<b>Materials</b>	Various cans and boxes of food, fresh vegetables or fruits (if possible)
<b>Learning Outcome</b>	Identify different parts of food packaging and explain their purpose.

## Description

Choose boxes, cans, and fresh foods available at home to support with the activity. Begin by asking the child to look at each of the boxes, cans, or fresh foods and think about what they notice. After the child has had some time to look at each product, ask them the following questions:

- What types of things did you notice (e.g., name of company, ingredients list, best before date, type of food, type of package, nutrition facts table, where it was made, pictures on the package, etc.)?
- What did you notice about the unpackaged foods compared to the boxes or cans of food (e.g., no package, no ingredients list, no nutrition facts table, etc.)?
- Why do you think there is a difference (e.g., the fresh food has not been processed in any way, you can look up the nutrition information elsewhere, etc.)?
- Why do you think some foods have a best before or expiry date (e.g., to know when we should eat them before)?
- Why do you think an ingredients list is included (e.g., so you know what is included in the food especially for people that cannot eat certain types of foods, etc.)?
- Why do you think some packages have messages on the front like 'source of fibre' or 'no sugar added' (e.g., to provide information, to encourage you to buy the product, etc.)?
- What does the nutrition facts table tell you (e.g., the amount of specific vitamins and minerals that are in the food, the amount of energy in the food, helps you compare two similar types of foods, etc.)?
- Why do you think some of the packages have pictures of characters on them (e.g., advertising, some companies target their food especially to children, etc.)?
- If the package has a kid-friendly picture on it, does it mean it's a kid-friendly food (e.g., not necessarily and you should have an adult help you to decide if it's a good choice or not, etc.)?

## Description

After discussing these questions with the child, ask them to choose the food package that they are most drawn to or that looks the most interesting. Ask them to explain why they chose this package. Explain to the child that some companies use advertising to get people to buy their foods by what they say or show on the food package and that it is important to be aware of this.

## 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.

- *How can you use the information you learned help you and your family make food choices?*
- *Is there anything you learned about food packaging that you want to learn more about? If so, what?*