

Materials	Access to the internet
Learning Outcome	Recognize differing food choices and food requirements and discuss how to be supportive of these individuals.

Description

Explain to the child that people eat a wide variety of foods but that not everyone eats every food for a variety of reasons. Each person has a right to eat foods that are safe for them, that they enjoy, and that support their health. It is important to respect and support food differences. Invite the child to watch the [What is a food allergy?](#) video to support their understanding of food allergies.

After watching the video, talk with the child about different food choices or food requirements. Discuss the following:

- What does it mean to have various food intolerances such as lactose intolerance, gluten intolerance, or a food allergy (e.g., an intolerance means your body reacts but it does not involve the immune system but an allergy involves an immune system reaction)?
- How do people with food intolerances and allergies choose the foods they eat (e.g., reading food labels carefully, asking what ingredients are in meals at restaurants)?
- Do you know what it means to be vegetarian or vegan (e.g., vegetarians do not eat meat and vegans do not eat meat or use or eat any products that come from an animal such as milk and eggs)?
- Why do certain people choose not to eat certain foods (e.g., food preferences, values, or beliefs)?
- How can you be supportive of others that have specific eating choices or requirements (e.g., accept their choices, ask questions to understand)?

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 did you learn from watching the video?
- How do food choices differ from food intolerances or allergies?