

Materials	Paper, pen, 2 different colours of markers, access to the internet
Learning Outcome	List healthy and unhealthy foods and brainstorm healthy alternatives.

Description

Ask the youth to list common foods they eat throughout the week for breakfast, lunch, supper, and snacks. They can think back to what they ate over the last week to support them. Invite the youth to go to [Canada's Food Guide](#) and read through some of the information. Check out the different foods pictured on the plate and read through some of the information about [Food Choices](#). After reading some of the information, ask the youth to refer back to the list of common foods they eat and colour code the foods. Use one colour for healthy foods to keep eating, and a different colour for foods to limit or eat less of.

Challenge the youth to write alternative options for foods they can try to limit using foods they commonly have at home (e.g., replace ice cream with plain yogurt and berries, or frozen pizza with fresh whole grain pita pockets). Post the list so it can be referred back to support healthy food choices.

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.

- *Is there a time of day that you are more likely to eat healthy foods?*
- *What other ways could you colour code your food list (e.g., by food category)?*