

<b>Materials</b>	Paper, pen, access to the internet
<b>Learning Outcome</b>	List the foods you eat throughout the week and brainstorm how to incorporate a larger variety of foods into your food choices.

## 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 consider how they could incorporate more foods into their food inventory.

Challenge the youth to research or brainstorm additional meals and snacks they can add to their food inventory. They can use the [Recipes](#) page of Canada's Food Guide or other sites to support their brainstorming. After they have completed their list, encourage them to choose one recipe or food and prepare it.

## 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 a variety of foods?*
- *What drew you to the meals or snacks you added to your food inventory?*