

Materials	Placemat template, markers, art supplies (optional), access to the internet (optional)
Learning Outcome	Identify healthy food preferences and create a placemat to illustrate them.

Description

Download and print a placemat template or create one by drawing utensils, a cup, and a plate divided into 3 sections ($\frac{1}{2}$, $\frac{1}{4}$, and $\frac{1}{4}$). Invite the child to create their own healthy foods placemat. If needed, visit [Canada's Food Guide](#) and talk about what foods are shown and how the plate is divided ($\frac{1}{2}$ vegetables and fruits, $\frac{1}{4}$ protein foods, and $\frac{1}{4}$ whole grain foods). Ask the child if there are other healthy foods that are not pictured on the plate and discuss these with them (i.e. bananas are not shown but are healthy). Encourage them to think about their favourite healthy foods (or healthy foods they would like to try) and to draw them on their placemat in the appropriate section. For older children, ask them to label the foods. Also ask the child to include what is in their cup. Once completed, ask the child why they chose the foods they did. Children can also create other placemats for family members using the favourite foods of their family members. Placemats can be covered with saran wrap or placed in a large freezer bag to prevent them from getting wet or dirty.

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 food category was easiest for you to draw your preferred healthy foods? Which was the hardest?
- Did any of the foods you selected not fit into one of the categories? Why do you think that is (e.g., they are not healthy so we should limit them)?