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| <b>Materials</b>        | Old magazines, food advertisements, or printed pictures of different types of healthy foods, scissors, tape or glue, paper |
| <b>Learning Outcome</b> | Identify healthy foods from each food category and create meals using foods from each category.                            |

## Description

Collect old magazines, food advertisements, or printed pictures of healthy foods. Draw three plates on a piece of paper. Explain to the child that they will use the pictures to create three different supper meals for the family using foods from each food category. If the child needs a reminder of the three food categories, visit [Canada's Food Guide](#).

The child will cut out their chosen healthy food items and glue or tape them onto the plates. For older children, encourage them to write the names of the foods on the plate as well. When complete, review the meals they made and ask the child to describe their meals and discuss why it is important to eat foods from each food category.

If you want to take it a step further, you can make one of the meals for supper if the ingredients are available!

## 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.

- *Did you find it easy or hard to select foods from each food category?*
- *Which meal that you made is your favourite? Why?*