

Materials	Paper plate, glue, natural items from outdoors OR art supplies
Learning Outcome	Identify and discuss the 3 categories of Canada's Food Guide and create a replica of the Food Guide plate.

Description

Visit [Canada's Food Guide](#) and discuss the 3 different food categories of vegetables and fruits, protein foods, and whole grain foods.

Look at the foods illustrated in the picture and identify as many as you can.

Discuss how there are 3 different food categories because they each provide us with nutrients to be healthy.

Ask the child to look at the picture and talk about foods that they like, foods that they have tried, and what foods they do not see on the plate that could be there.

Go for a nature walk and collect items like leaves, rocks, twigs, etc. from the ground. If you are not able to go on a nature walk, use art supplies or other household items instead.

Refer back to the Food Guide plate and discuss how the plate is divided for each of the 3 food categories ($\frac{1}{2}$ vegetables and fruits, $\frac{1}{4}$ protein foods, $\frac{1}{4}$ whole grain foods).

Explain how this shows what the division of food should be on your plate for meals.

Use the items collected to create your own Food Guide plate (e.g., leaves are vegetables and fruits, rocks are whole grain foods, and twigs are protein foods).

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.

- Are there any foods that you see in the Food Guide snapshot that you have not tried that you would like to try?
- Why do you think that vegetables and fruits take up more of the plate than protein foods and whole grain foods?