

Adventures in learning, created
by Canadian dietitians



Students explore the importance of healthy eating for energy, growth and learning. They will learn the key functions of the four food groups from Canada's Food Guide.

Learning Expectations:

1. Describe the importance of food for the body (e.g., for energy, growth and learning).
2. Identify the basic functions of the food groups for growth and development.

Subject Links:

Health, Language, Art, Social Studies

Materials & Resources:

- ☆ *Canada's Food Guide*
Visit www.healthcanada.gc.ca/foodguide or call 1-800 O CANADA for copies.
- ☆ Construction paper (green, yellow, blue, red)
- ☆ Grocery flyers and/or old magazines
- ☆ Glue
- ☆ Poster paper
- ☆ Drawing supplies

See the Teacher Notes at the back of this resource (on pages 21 & 22) for more information on this mission.

Class Discussion:

The following questions can be explored with the class:

- ☆ What is healthy eating?
- ☆ Why is healthy eating important?
- ☆ What four food groups are part of *Canada's Food Guide*?
- ☆ What other things help you feel healthy?

Teaching Tip:

Enjoying a variety of foods from all four food groups is the best way to get all the nutrients our bodies need. Different foods provide different nutrients to help your body grow, go and glow. Eating well contributes to the development of healthy bodies with strong bones and teeth, provides energy to learn and play and helps keep tissues like the heart, skin, eyes and hair healthy.

Activities:

1. Create a Healthy Eating rocket ship display on a wall in your classroom, using green, yellow, blue and red construction paper to make sections of the rocket to represent the four food groups in *Canada's Food Guide*. Review *Canada's Food Guide* and the kinds of foods found in each food group. Provide students with grocery flyers and old magazines and ask them each to cut out several foods from the four food groups. Have students work together in small groups to classify their pictures into food groups by gluing them into the appropriate section. Note that some combination foods such as pizza, sandwiches and stew may belong to more than one food group.

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2. After the class discussion, review with students the key functions of each of the four food groups. These are also highlighted in the *Teacher Notes*. Ask students to complete the *Healthy Eating Experts* activity sheet (see *Student Mission 3*) to reinforce the connection between food groups and the function of the key nutrients they provide. Then divide the class into four groups and have each group work together to design a poster that illustrates the connection between the food group and function of their key nutrients. Have each group present their poster to the class.

Student Mission 3: Healthy Eating Experts

The *MISSION NUTRITION** Team is curious about how foods help our bodies grow, go and glow. Have students complete the matching activity on the *Healthy Eating Experts* activity sheet to connect each food group to its key function.

Allergy Awareness: To ensure safety, always check with students and their parents for any food allergies before activities that involve bringing foods or food packaging into the classroom. The ingredient list found on food labels is especially useful for identifying ingredients that may cause an allergic reaction.

Allergy and Anaphylaxis Resources:

- ☆ Calgary Allergy Network - School Related Resources
www.calgaryallergy.ca/Article.html#school
- ☆ Allergy and Asthma Information Association: www.aaia.ca
- ☆ Anaphylaxis Canada: www.anaphylaxis.ca or ph: 1-866-785-5660

Home Connection:

Exploring favourite foods from around the world is a great way to encourage students to enjoy a variety of foods.

In Class: The *MISSION NUTRITION** Team wants to plan a celebration buffet for children around the world. Ask students to imagine they are helping to plan the buffet. What sorts of foods would they serve to make their new friends feel welcome? Ask each student to pick a food that's eaten in another part of the world to show and tell about. Examples could include foods such as tortillas, naan, jack fruit, lychee and perogies.

At Home: Students can consult members of their families to choose a food for this activity. Their research should include information on where the food comes from, how it is eaten and what food group(s) it belongs to. Encourage students to enhance their presentations by drawing a picture of their food to show.

In Class: During a show and tell time, have students show their picture and tell about the food they researched. Create a "Foods from Around the World" display with their pictures and challenge students to select a new food to try. You may wish to extend this activity to ask families to share one of their favourite recipes.

Active Learning: Eye Spy

Play an "Eye Spy" game after students have completed the *Healthy Eating Rocket Ship* collage. Students take turns giving three clues and guessing foods from each of the food groups on the collage, for example "I spy with my little eye something from the Vegetables and Fruit group that is round and red."

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