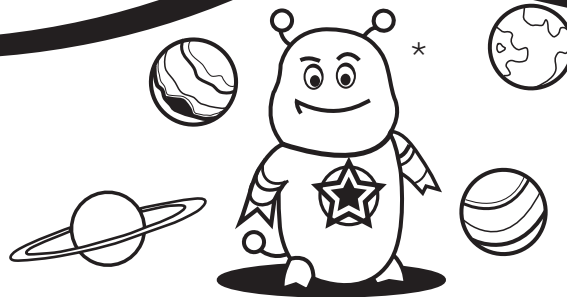


MISSION NUTRITION®
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Grades 2-3

TEACHER NOTES

FOOD TO GROW AND GO

Following *Canada's Food Guide* helps provide children with energy and essential nutrients to grow, learn, play and be healthy. The recommended number of Food Guide Servings depends on age and gender. It's important to make each Food Guide Serving count by making wise choices. Here's how many Food Guide Servings children 4 to 8 years of age need each day and some ways to make them count:

Vegetables and Fruit (5 Food Guide Servings per day)

Vegetables and Fruit are a key source of vitamins that keep our skin and cells throughout the body healthy. They also provide carbohydrates, fibre and minerals to promote good health. Eat at least one dark green and one orange vegetable each day.

Grain Products (4 Food Guide Servings per day)

Grain Products are an important source of energy in the form of carbohydrates. Whole grain and enriched grain products also provide fibre, B-vitamins and the minerals iron, zinc and magnesium, all necessary for good health. Make at least half of your grain products whole grain each day.

Milk and Alternatives (2 Food Guide Servings per day)

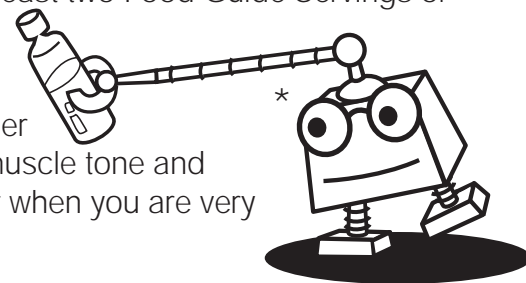
Milk and Alternatives are an important source of the mineral calcium. The calcium and vitamin D in milk help build and maintain strong bones and teeth. Milk and Alternatives also provide protein to support growth. Have 2 cups (500 mL) of milk every day for adequate vitamin D (or fortified soy beverage if you don't drink milk).

Meat and Alternatives (1 Food Guide Serving per day)

Meat and Alternatives are a key source of protein to help the body grow and repair body tissues like muscle and skin. They also provide B-vitamins and the minerals iron and zinc, all needed for good health. Have meat alternatives such as beans, lentils and tofu often and eat at least two Food Guide Servings of Fish each week.

Water

Water is an important essential nutrient. Drinking water regularly and other fluids such as milk and juice helps the body get rid of waste, maintain muscle tone and helps keep skin healthy and resilient. Drink more water in hot weather or when you are very active to replenish the fluids the body loses through sweating.



Physical Activity

Physical activity helps keep the heart, lungs and muscles strong and helps children and adults feel good and maintain a healthy body weight. *Canada's Food Guide* recommends eating well and being active today and every day! *Canada's Physical Activity Guide for Children* recommends that children build up gradually to at least 90 minutes of moderate and vigorous physical activity per day.

TEACHER NOTES (Continued)

Variety

Eating a variety of foods from each food group helps to support healthy growth and development. Exploring a variety of foods from around the world as part of your healthy eating learning adventure can encourage children to try new foods.

Nutritious Meals and Snacks

Young children have small appetites and need calories for growth and development. They should enjoy small nutritious meals and snacks each day. The amount of food eaten at each meal and snack will vary day-to-day depending on the child's appetite, activity level and whether they are experiencing a growth spurt. Meals and snacks that include a variety of foods from the four food groups help provide children with the energy and essential nutrients their growing bodies need.

Less Healthy Food Choices

Canada's Food Guide encourages people to limit less healthy food and beverage choices that are high in calories, fat, sugar and salt (sodium). These include cakes, pastries, chocolate, candies, cookies, granola bars, doughnuts, muffins, ice cream, frozen desserts, french fries, potato chips, nachos, other salty snacks, fruit flavoured drinks, soft drinks, sports drinks and sweetened hot or cold drinks. These foods should be limited but can be enjoyed at times.

Food Guide Facts

For more information on healthy eating, the following resources are available at the Health Canada web site: www.healthcanada.gc.ca/foodguide

- ☆ *Eating Well with Canada's Food Guide - A Resource for Educators and Communicators*
- ☆ *My Food Guide - An interactive tool that will help you personalize the information found in Canada's Food Guide.*

Other Resources

Canada's Physical Activity Guide for Children at: www.paguide.com

For additional resources on healthy eating or to find a dietitian in your area visit the Dietitians of Canada web site at www.dietitians.ca or contact your local health department.



Assessment Rubric

	Level 1	Level 2	Level 3	Level 4
Understanding of concepts	demonstrates little or no understanding of central ideas and concepts	demonstrates partial but limited understanding of central ideas and concepts	demonstrates essential understanding of central ideas and concepts	demonstrates full understanding and use of central ideas and concepts
Class discussion	minimal effort to participate	sometimes answers questions but rarely contributes relevant information	answers questions and usually contributes some relevant information	consistently answers questions and always contributes relevant information
Class activities	participates actively only with constant encouragement	sometimes participates in class activities with occasional encouragement	requires no encouragement to participate actively	enthusiastically participates in all activities and encourages others
Student activity sheet	with assistance completes activity sheet with frequent errors and does not apply new knowledge learned	completes activity sheet with partial application of concepts taught with a few errors	completes activity sheet with minor errors and applies most of the new knowledge learned	completes activity sheet independently with accuracy and thorough application of all concepts taught
Homework completion	does little of the required work at home and does not return materials to school	does some of the required work at home but materials are not returned on time	does the required work at home and usually returns materials on time	does all the required work at home and goes beyond expectations; materials are always returned promptly