

Grades K-1

## TEACHER NOTES

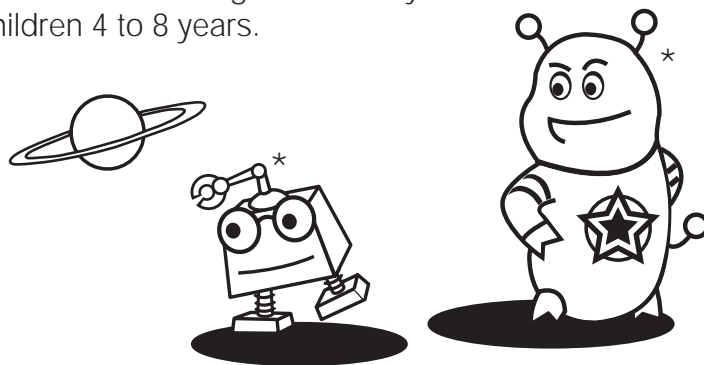
### HEALTHY EATING FOR CHILDREN

Healthy eating provides children with the energy and nutrients they need to grow, to learn and to feel good. Children can learn healthy eating habits from a young age. These include, enjoying a variety of foods for breakfast, lunch and dinner, choosing healthy snacks and drinking plenty of water and other fluids. *Canada's Food Guide* emphasizes the importance of enjoying a variety of foods from each food group every day. Exploring foods from other cultures can get children interested in trying new foods and may help to expand the variety of foods they enjoy.

### Nutritious Choices

Children can learn to make nutritious choices by focusing on choosing foods from the four food groups in *Canada's Food Guide*: Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives. The amount of food children need depends on their age. Keep in mind that young children have small stomachs so they need to eat small amounts of food more often throughout the day. This chart shows the recommended number of Food Guide Servings for children 4 to 8 years.

FOOD GROUP	SERVINGS (per day)
Vegetables and Fruit	5
Grain Products	4
Milk and Alternatives	2
Meat and Alternatives	1



### Food for Fuel

It's important for children to fuel up with nutritious foods at meals and snacks throughout the day and to drink water regularly as well as milk and juice to stay hydrated. Children who don't get the energy and essential nutrients their bodies need may feel tired, weak and have a hard time paying attention in class. Being active helps maintain a healthy energy balance and develop strong, healthy bodies.

### The Importance of Breakfast

*Canada's Food Guide* recommends having breakfast everyday. Breakfast is often referred to as the most important meal of the day. Eating breakfast provides the body with energy and essential nutrients and can help improve attention, classroom behaviour and school performance. Eating breakfast may help to control hunger later in the day and regular breakfast eating is also associated with healthy weights.

People who skip breakfast often don't make up for those missed nutrients later in the day. Breakfast should provide about 25% of daily energy and nutrient needs. A balanced breakfast includes at least three of the four food groups.

## TEACHER NOTES (Continued)

### 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 and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and 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.

### Fat for Children

*Canada's Food Guide* encourages people to choose lower fat options to reduce the fat in their diet (especially saturated and trans fats). However, fat is a key source of energy (calories) for children's healthy growth, development and activity. So for children it is important to not restrict nutritious foods because of their fat content. For example, nutrient rich foods that also contain fat from the four food groups such as cheese or peanut butter should not be restricted during childhood. Learning to *Eat Well with Canada's Food Guide* and to enjoy foods with little or no added fat helps set the stage for a healthy eating pattern.

### Foods Lower in Sugar

*Canada's Food Guide* recommends eating foods lower in sugar to help limit extra calories in the diet. Baked goods and desserts, such as cakes, candies, chocolate, cookies, doughnuts, ice cream, muffins, pastries and pies, and sweetened cold and hot beverages, such as fruit flavoured drinks, soft drinks, sports drinks and hot chocolate can be high in sugar and should be limited.

### Foods Lower in Salt (Sodium)

*Canada's Food Guide* recommends enjoying foods with little or no added salt. Most people get more sodium than they need, especially if they eat packaged, processed foods and meals made outside of the home. Some of the foods that can be high in sodium include snack foods, such as crackers, nachos, potato chips and pretzels, cheese, gravies and sauces, processed luncheon meats, canned or dried soups and frozen meals.

### Water Wise

Water is an essential nutrient. Children should be encouraged to drink water regularly to quench their thirst. Children need more water during hot weather and when they are very active. Most fluids (e.g. milk, juice, etc.) and many foods (e.g. fruits) are good sources of water. However, plain water quenches thirst, is inexpensive, can help prevent tooth decay, and does not ruin children's appetite for food.

### 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](http://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*

### Physical Activity

For more information on active living, visit Canada's *Physical Activity Guide for Children*: [www.paguide.com](http://www.paguide.com)





# Assessment Rubric

	Level 1	Level 2	Level 3	Level 4
<b>Understanding of concepts</b>	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
<b>Class discussion</b>	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
<b>Class activities</b>	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
<b>Student activity sheet</b>	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
<b>Homework completion</b>	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