

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Healthy Eating
Grade 4
Lesson 3

Lesson 3 – Canada’s Guidelines for Healthy Eating

Curriculum Expectations:

Students will analyse, over a period of time, their own food selections, including food purchases (e.g., “everyday food” versus “sometimes food”) and determine whether or not they are healthy choices.

Objectives:

Students will learn about how to achieve Canada’s Guidelines for Healthy Eating.

Suggested Outline

- Section 1: Introduce Today’s Lesson
- Section 2: Discussion/Background Information
- Section 3: Activity
- Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about how to achieve Canada’s Guidelines for Healthy Eating by completing an activity sheet.

Section 2: Discussion/Background Information

Canada’s Guidelines for Healthy Eating

Based on nutrition and food science research, *Canada's Guidelines for Healthy Eating* (1990) summarizes the principles of healthy eating into five general statements. They are directed at healthy Canadians over two years of age.

1. Enjoy a variety of foods.
2. Emphasize cereals, breads, other grain products, vegetables and fruit.
3. Choose lower fat dairy products, leaner meats and foods prepared with little or no fat.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
5. Limit salt, alcohol and caffeine.

Understanding Everyday and Sometimes Foods

When asked about healthy eating, children tend to classify foods as "good" or "bad". This classification will not help children develop a positive approach to eating. To help create a positive pattern of healthy eating, a secondary classification of foods as "everyday" and "sometimes" foods can be used. Foods which are high in nutrients can be considered "everyday foods" while "sometimes foods" are those which are low in nutrients. There are some "sometimes foods" which we eat almost every day. This is okay as long as we



are eating lots of "everyday foods". It is important to recognize that it is not a clear-cut process and differs for each individual depending on their needs and eating habits. For example, there is a difference between eating cookies every day with a sandwich, piece of fruit and carton of milk for lunch and eating a lunch of potato chips, pop, and cake every day.

Section 3: Activity

Hand out copies of the *Canada's Guidelines for Healthy Eating* activity sheet for students to complete. Encourage children to apply concepts of "Sometimes" and "Everyday" foods.

Section 4: Conclusion

Today we learned about how to achieve Canada's Guidelines for Healthy Eating by completing an activity sheet.

