

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

Healthy Eating
Grade 4
Lesson 5

Lesson 5 – Food Diary: What Did I Eat Yesterday?

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 analyse their food choices.

Suggested Outline

Section 1: Introduce Today’s Lesson

Section 2: Background Information

Section 3: Activity and Classroom Discussion

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about how to analyse our food choices by completing a “Food Diary” and having a classroom discussion about our results.

Section 2: Background Information

Combination Foods

Some food dishes have more than one food group or category in them.

For example: taco (tortilla shell: Grain Products; green peppers, tomatoes: Vegetables & Fruit; chicken: Meat & Alternatives; cheese: Milk Products). Casseroles, chilli, moussaka, pizza, stir-fry, pilau, spaghetti, soup, stew, fajitas, quesadillas and sandwiches are all made of foods from more than one food group as well as Other Foods. These are called combination foods.

Section 3: Activity

Using the *Food Diary: What Did I Eat Yesterday?* activity sheet, have each student complete a one-day food record. Begin by asking them to list everything they ate and drank the previous day in the first column. Then, next to each food item, under the appropriate food group, have them record the number of servings they had. Ask the students to indicate Other Foods by check marks only. Finally, have the students total and record the number of servings for each of the four food groups.



Help students figure out combination foods that they have eaten using the following steps:

1. List the main food items.
2. Identify the food groups represented by these foods.
3. Estimate how much of each food item was eaten.
4. Look at the bar side of the *Food Guide* to see approximately how many servings each food item provides.

Example:

Spaghetti and Meatballs:

Spaghetti	Grain Products	250 mL	2 servings
Tomato Sauce	Vegetables & Fruit	125 mL	1 serving
Meatballs	Meat & Alternatives	5 small	1 serving

Classroom Discussion

The following are suggested healthy eating discussion questions:

- Did you eat the recommended number of servings from all four food groups?
- Did you eat a variety (see Background Information) of foods from each of the four food groups?
- Did you have three meals?
- Did your snack choices represent food from one or more of the food groups? (Note to teachers: having one to three snacks each day is considered to be a good snacking pattern.)
- Were your food choices “everyday food” most of the time?

Were your food choices typical for you? If not, why not (e.g., went to a birthday party, went out for dinner). Mention that the food record is for one day only and that this might not be a good measure of the students’ overall eating habits.

Section 4: Conclusion

Today we learned about how to analyse our food choices by completing a “Food Diary” and having a classroom discussion about our results.

