

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

Healthy Eating
Grade 6
Lesson 3

Lesson 3 – Food Diary – What Have I Eaten?

Curriculum Expectations:

Students will analyse personal eating habits in a variety of situations (e.g., at home, in school, in restaurants).

Objectives:

Students will learn about analysing their eating habits.

Suggested Outline

Section 1: Introduce Today’s Lesson

Section 2: Discussion/Background Information

Section 3: Activity and Class Discussion

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about analysing our eating habits in various situations by completing a food diary.

Section 2: Discussion/Background Information

Please refer to “Discover Healthy Eating - Background Information, Grades 4-6, and review Canada’s Food Guide to Healthy Eating.

Section 3: Activity

Using three copies of the *Food Diary: What Have I Eaten?* activity sheets, have students keep a food record for three days, including one weekend day. Have students write down their response to the following questions as they review their food diaries.

- Did you eat foods from all the food groups?
- Did you have three meals each day?
- At each meal, did you have something from at least three of the food groups?
- Did your snack choices represent foods from one or more of the food groups?
- How did you classify combination foods?
- Were your food choices “everyday foods” most of the time?
- For each food group, did you eat a variety of choices or the same ones?
- What did you eat differently on the weekend day?



Class Discussion

As a class, discuss the *Food Diaries*. After the discussion, have students set a personal goal improving or maintaining eating habits. Have them brainstorm ways they can meet this goal. For example, a student may determine that they need to add two more Vegetables & Fruit servings to their daily menu. The student may decide to add a banana and carrot sticks to their breakfast. Working in pairs or small groups would be helpful. After students have tried out their plan for one week, discuss how easy or hard it was to meet their goals.

Section 4: Conclusion

Today we learned about analyzing our eating habits in various situations by completing a food diary.

