

# A Guided Discovery of *Canada's Food Guide*

## Enjoy Your Food



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GRADES  
4-6

## Enjoy Your Food

### OVERVIEW

*Canada's Food Guide* (CFG) is a web-based resource that includes guidance about eating habits in the form of videos, recipes, and tips. The image of the *Canada's Food Guide* Plate might be familiar to you, but it is just one piece of the guide. Today we will explore *Canada's Food Guide's* recommendations about enjoying your food.

*Note: Throughout this workbook, language used in Canada's Food Guide is identified by **this style**.*

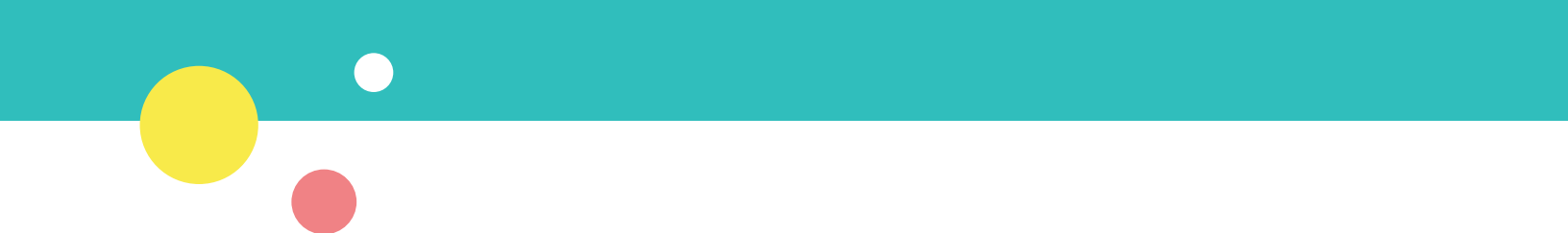


## PART 1: WEB EXPLORATION

- Access *Canada's Food Guide* ([Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)).
- Click the **Eating Habits** tab on the left, then click **Enjoy Your Food**.  
This is the topic you will explore today.

**Answer the following questions as you navigate the webpage:**

- 1 Fill in the blanks to describe the three benefits *Canada's Food Guide* suggests are part of enjoying your food.
  - \_\_\_\_\_ the flavours
  - Being \_\_\_\_\_ to trying \_\_\_\_\_ foods
  - Developing a healthy \_\_\_\_\_ about food



2 Can you think of more benefits of enjoying your food beyond what *Canada's Food Guide* says?

3 *Canada's Food Guide* provides examples of what enjoying your food includes. One of these examples is **getting to know the people who grow or produce your food**. Choose one food you enjoy eating and think of three things you could do to get to know more about the people who grow or produce this food.

Food I enjoy eating: \_\_\_\_\_

I could learn more about the people who grow or produce this food by:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4 *Canada's Food Guide* gives four considerations for enjoying your food: **taste, culture, budget, and lifestyle**. Read the following eating-related activities. For each one, check off how it relates to enjoying your food. Some activities may fit under more than one consideration.

	Taste	Culture	Budget	Lifestyle
Learning your grandma's favourite recipe to share with your friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning about how food is grown, produced, and harvested in Canada.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comparing the cost of two choices when deciding which snack to buy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Replacing the meat in a recipe with lentils to make it vegetarian.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning a new recipe and making it with your friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating your favourite cereal and milk as part of the school breakfast program.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exploring a new cuisine at a local restaurant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



On the left side toolbar, click *Include culture and food traditions*.

5 a) What is a tradition?

5 b) Can you think of a tradition you enjoy?

6 Considering what a tradition is, what do you think a food tradition is?

7 Fill in the blanks to explore the benefits that *Canada's Food Guide* states **for including culture and food traditions as part of healthy eating**.

Including \_\_\_\_\_ and food \_\_\_\_\_ as part of healthy eating can help you:

- **Choose foods that you** \_\_\_\_\_
- **Grow your** \_\_\_\_\_ **and** \_\_\_\_\_
- \_\_\_\_\_ **about cultures and food traditions**
- **Create a sense of** \_\_\_\_\_ **and foster** \_\_\_\_\_
- **Keep your** \_\_\_\_\_ **and food traditions** \_\_\_\_\_ **by** \_\_\_\_\_ **them across generations with** \_\_\_\_\_

8 What is one benefit of including culture or food traditions that you could add to this list?

9 Think of a food tradition you enjoy.

a) When do you celebrate the food tradition?

b) What do you eat?

c) What makes this tradition special to you?

## PART 2: CANADA'S FOOD GUIDE IN ACTION

Click the *Canada's Food Guide* logo in the top left corner to go back to the main screen. On the left side toolbar, click **Recipes**.

10 Look through the recipes listed on this page and choose one you would like to make.

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11 Why did you choose this recipe?



12 Does this recipe include foods from all three food categories?  Yes  No

• If yes, name one food in the recipe from each food category.

• Vegetables and fruits: \_\_\_\_\_

• Whole grain foods: \_\_\_\_\_

• Protein foods: \_\_\_\_\_

• If no, which food category is missing and what could you add to ensure this recipe includes all three food categories?

**Think back to the four considerations *Canada's Food Guide* gives for enjoying your food.**

### TASTE

13 What could you add, remove, or replace in this recipe to make it taste better to you (for example, an ingredient, a beverage, or a side dish)?

## CULTURE

14 Does your family have a similar recipe you enjoy eating together?  Yes  No

- If yes, describe how the recipe is similar or different and when you like to eat it together.

- If no, how could you adjust this recipe so it is something your family would enjoy eating together?

*For example, you could serve your family's favourite yogurt dipping sauce with lentil nuggets.*





### BUDGET

- 15 Using frozen or canned foods is one way to save money when grocery shopping. Which of the ingredients in your recipe (if any) could be replaced with a frozen or canned alternative?

### LIFESTYLE

- 16 If you included this meal as part of a school lunch, is there anything you would need to consider when packing your lunch (for example, pack in an insulated food jar, bring an ice pack, or remove nuts)?

