

A Guided Discovery of *Canada's Food Guide*

Eat Meals with Others



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GRADES
7-9

Eat Meals with Others

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 eating meals with others.

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





PART 1: EAT MEALS WITH OTHERS WEB EXPLORATION

Access *Canada's Food Guide* at Canada.ca/FoodGuide.

Click the *Eat Meals with Others* tab on the left. This is the topic you will explore today.

Answer the following questions as you navigate the webpage:

1

What are five benefits you can think of that can result from eating meals with others? These can be examples given by *Canada's Food Guide* or your own ideas.

2

Why do you think these benefits may occur? Come up with a hypothesis.

3

Canada's Food Guide states that *food is often a main part of celebrations and special events. However, eating with others doesn't have to be saved for special events.*

When is your favourite time to eat with others? This could be a certain meal each day, a special celebration, or a favourite weekly tradition.

Read the section *how to eat with others more often* and answer the following question.

- 4 You are in charge of planning a class breakfast for 20 students. You decide to make smoothies and toast with the class so that everyone can be involved. You consider Health Canada's message that *the key to making it happen often starts with a plan*. Some of the steps you will need to complete are listed below. Number the steps in an order that makes sense for you and your classmates.



- Make a grocery list of ingredients.
- Set tables with cups and napkins.
- Invite classmates to breakfast.
- Wash and chop fresh vegetables and fruits (if using).
- Find out about student allergies.
- Gather ingredients from the fridge, freezer, and pantry.
- Gather blenders and toasters to use in the classroom.
- Choose a smoothie recipe.
- Grocery shop with an adult.
- Work with your teacher to decide the best day for your class breakfast.
- Scale up amounts of ingredients to ensure you have enough.

PART 2: CANADA'S FOOD GUIDE IN ACTION

Click on 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**.

5

Look through the recipes listed on this page and choose one you would like to make for breakfast, lunch, or dinner.

6

Why did you choose this recipe?

Think back to what you learned about planning meals with others. If you were to plan to eat this meal with others, consider the following:

7 When would you like to share this meal (time of day, day of the week, holiday/celebration, etc.)?

8 Who would you like to share this meal with?

9 Is there anything you would change in this recipe (for example, remove ingredients, replace ingredients, or add a side dish, beverage, dessert, or sauce)?

Consider how you may need to adjust your meal to share with others:

10 How many people do you want to share your meal with?

11 How many servings does the recipe make?

12 Will you need to adjust the ingredient amounts in the recipe to ensure everyone can enjoy it? Yes No



OPTIONAL: KEEP THE LEARNING GOING

You've been asked to bring a meal to a lunch celebration with 20 classmates. You decide to prepare Banana Berry Bliss Smoothies with toast. You need to figure out how much of each ingredient in your recipe you will need to make enough to feed all 20 people.

To find out how much of each ingredient you need, first find the multiplication factor and then multiply each ingredient amount by your multiplication factor. Use the following chart to help you.

Recipe name: Banana Berry Bliss Smoothies with toast and peanut butter

Servings: 2

Multiplication factor: $20 \div$ _____ servings = _____

Ingredient name	Amount of ingredient in recipe (serves 2)	Amount needed for class celebration (ingredient amount \times multiplication factor)
Frozen mixed berries	250 mL (1 cup)	
Milk	125 mL ($\frac{1}{2}$ cup)	
Yogurt	125 mL ($\frac{1}{2}$ cup)	
Banana	1	
Vanilla extract	5 mL (1 tsp)	
Bread	2 slices	
Peanut butter	30 mL (2 Tbsp)	

