

A Guided Discovery of *Canada's Food Guide*

Enjoy Your Food



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GRADES
7-9

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).
- 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

What are five benefits of enjoying your food? These can be examples from *Canada's Food Guide* or your own ideas.

Canada's Food Guide refers to a **healthy attitude about food**. This includes:

- Feeling comfortable with and relaxed about mealtimes and eating
- Giving food some thought but being able to adapt to what's happening in your life at that moment
- Feeling it's okay to eat the amounts and types of food that you like and find satisfying, and that nourish your body.

Adapted from Satter E. Eating competence: definition and evidence for the Satter eating competence model. *Journal of Nutrition Education and Behavior* 2007;39:142-153.

2 How is this similar to or different from what you have heard about "healthy eating" in the past?

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 get to know the people who grow or produce this food by:

- _____
- _____
- _____

4 Enjoying your food involves many elements. *Canada's Food Guide* highlights four of these considerations: **taste, culture, budget, and lifestyle**. Think of an example of what each aspect might look like in action.

- **TASTE**

- **CULTURE**

- **BUDGET**

- **LIFESTYLE** (how much time you have for meals, consideration of eating patterns such as vegetarianism, allergies, etc.)

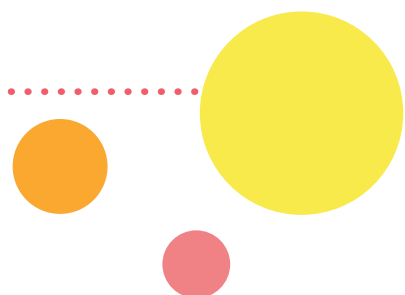


PART 2: CULTURE AND FOOD TRADITIONS

On the left side toolbar, click *Include culture and food traditions*. Read this section and answer the following questions.

5 Thinking about what you know about traditions, how would you describe a food tradition? Come up with your own definition.

6 How do you think your family and community food traditions affect your own food traditions?





7 What aspects of an eating experience may be important, other than the food itself?



PART 3: 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**.

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

9 Why did you choose this recipe?

10 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

- 11 A complete meal may include foods in addition to those included on the *Canada's Food Guide* Plate (for example, drinks, an appetizer, dessert). Is there anything you would add to complete your meal to help it meet your needs?

CULTURE

- 12 If you were to share this meal with your family or community,
- Who would you like to share it with?
 - When would you like to share it?
 - How could you make the experience memorable?



BUDGET

13 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?



