

A Guided Discovery of *Canada's Food Guide*

The *Canada's Food Guide* Plate



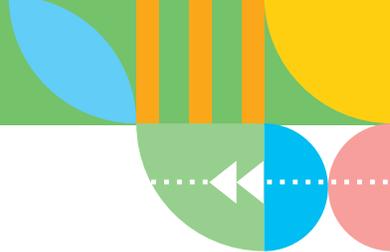
Canada's Food Guide: A GUIDED DISCOVERY

GRADE 9

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. Start by exploring the *Canada's Food Guide* Plate (CFG Plate) as part of the *Food Guide* Snapshot. The image of the CFG Plate might be familiar to you, but it is just the tip of the iceberg. There are many other components to explore, so let's dive in!

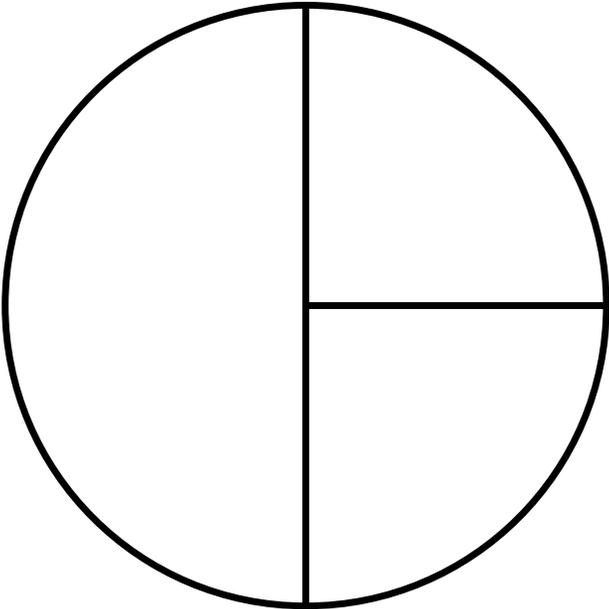




Access *Canada's Food Guide* at Canada.ca/FoodGuide 

This page brings you to the CFG Plate. This image showcases a colourful plate of food divided into three categories: vegetables and fruits, whole grain foods, and protein foods.

1. Fill in the following plate with the correct CFG categories.



2. Name three foods from each category that are not pictured but you think could fit.

Vegetables and fruits:

Whole grain foods:

Protein foods:

_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Do you think this image of a plate is an example of what a meal should look like (i.e., small portions of many foods)? Why or why not?



Click on the glass of water pictured beside the CFG Plate. 

This page reviews the importance of water and other drink choices that hydrate your body.

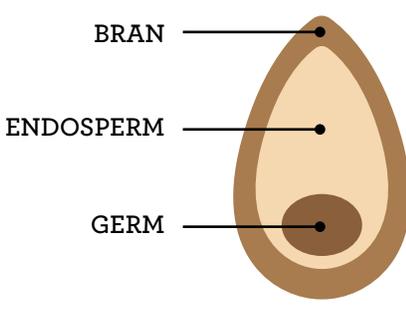
4. Describe a scenario where you might need more water than usual. Why?

5. Make two suggestions to keep yourself hydrated.

On the left side toolbar click on “Eat a variety of healthy foods.” Then, select “Eat whole grain foods.” 

This page introduces the role of whole grain foods in your body.

A grain of wheat has three main parts: bran, endosperm, and germ.



BRAN — The **bran** is the outer layer of the wheat kernel. It contains vitamins, minerals, and fibre.

ENDOSPERM — The **endosperm** is the largest part of the wheat kernel. It contains carbohydrates, proteins, and small amounts of vitamins and minerals.

GERM — The **germ** is the inner part of the wheat kernel, where the new plant would sprout. It contains vitamins, minerals, protein, and fat (oil).

6. What is the difference between a whole grain and a refined grain? Try to include the terms bran, endosperm, and germ in your answer.

7. Circle the grain product included in each meal and provide a suggestion to ensure this is a whole grain food.

For example: toast with jam; use whole grain bread for the toast.

- Cereal with sliced banana, cooked in milk _____
- Stew with potatoes and bread _____
- Pasta and meatballs with parmesan cheese on top _____
- Curry with vegetables and rice _____
- Muffin with yogurt on the side _____
- Pancakes topped with butter and maple syrup _____
- Soup with crackers _____
- Chicken and vegetables in a flatbread _____

8. Provide your own meal suggestion that includes a whole grain food.

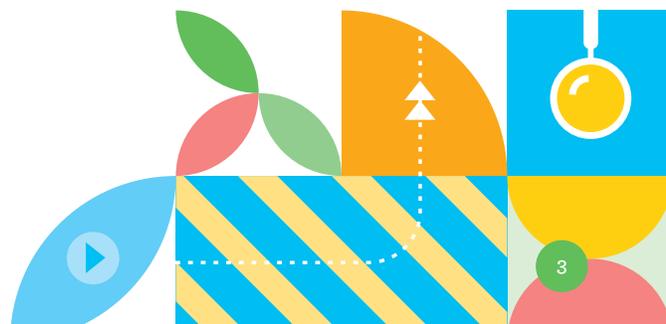
Click on “Eat plenty of vegetables and fruit.”



This page talks about all the nourishing forms of vegetables and fruits, including fresh, frozen, and canned.

9. What is one statement that CFG makes about frozen and canned vegetables and fruits?

10. Give one reason you would choose frozen or canned vegetables or fruits.



Click on “Eat protein foods.”



This section reviews the many types of protein foods, including plant- and animal-based protein foods.

Iron

Animal-based protein foods contain iron, which helps carry the oxygen in your blood to other areas of your body. When your body has too little iron, you may feel tired or grumpy. You may also be more likely to get sick as your body’s ability to fight off infections is reduced.

Calcium

Milk-based protein foods contain calcium, which helps build strong bones. Right now you are in your prime bone building years! This means that you are building the bones that you will have as an adult. Including milk-based protein foods in your meals and snacks will help your bones be strong when you’re an adult!

Fibre

Plant-based protein foods contain fibre, which keeps your gut (intestines) healthy by helping your body’s waste move through your gut and prevent constipation.

11. Describe a lunch you enjoy that includes at least one protein food. Identify the protein food.

12. Did the lunch you suggested include a bone building food? Yes / No (circle).

If yes, what is the bone building food?

If not, what could you add to your lunch to include a bone building food?



PUT IT ALL TOGETHER: RECIPES

Click on the CFG logo in the top left corner to go back to the main screen.
On the left side toolbar, click “Recipes.”



This page shows recipes that include foods from CFG.

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

Why did you choose this recipe? _____

14. Would you need to add another food to have one from each of the three categories?

Yes / No (circle)

If yes, what food would you add? _____

15. Would you add anything to this recipe to make it more enjoyable? Yes / No (circle)

If yes, what food or ingredient would you add? _____

16. Select one ingredient in the recipe. If you did not have this ingredient at home, can you think of an ingredient you could replace it with? _____

BONUS QUESTION

CFG includes additional tips. Find the tips for healthy eating for teens and answer the following question:

Note the tips on this page in bold. Is there a tip you would like to try? Why or why not?

The first line of this page reads, “You have likely heard that healthy eating is important. But maybe you think these messages do not apply to you.”

Do you agree or disagree with this statement? Why or why not?

