

A Guided Discovery of *Canada's Food Guide*

Cook More Often



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GRADES
4-6

Cook More Often

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* recommendations for planning and preparing meals and snacks.

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



WEB EXPLORATION

- Access *Canada's Food Guide* (Canada.ca/FoodGuide) or download from food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf.
- Click the “*Eating Habits*” tab on the left, then click “*Cook More Often.*” This is the topic you will explore today.

Answer the following questions as you navigate the webpage:

Canada's Food Guide states “cooking and preparing food can support healthy eating habits. Cooking allows you to learn new skills.”

- 1 Can you think of a benefit of learning to cook?

2 Using the following list, place a checkmark beside the skills you have learned that help you to prepare food. Check one or more skills you would like to learn. You can add more skills you already have or would like to learn at the bottom of the list.

- Wash vegetables and fruit
- Fry an egg
- Cut vegetables and fruit using a knife
- Use a can opener
- Use a vegetable peeler
- Use a blender
- Use a whisk
- Store leftovers in containers
- Use a salad spinner
- Create a grocery list
- Measure ingredients using measuring spoons
- Learn how to care for plants in planters or a garden
- Cut meat and vegetables and put them on a skewer
- Follow a recipe
- Cut cookies using a cookie cutter
- Practise multiplication to adjust recipe quantities
- Cut bread using a bread knife
- Use measuring cups to work with fractions
- Grate cheese using a grater

Other skills I know _____

Other skills I would like to learn _____



Canada's Food Guide recommends getting "creative with leftovers to make a whole new meal. Cooking allows you to learn new skills."

3 What is one example of planning for leftovers from cook once and eat twice?

4 Read each scenario and think of two meals or snacks that use the leftover food or ingredient.

An example has been provided in the first scenario.

For dinner on Tuesday, Tony helped his grandpa make tacos using ground beef. Before adding the taco seasoning to the cooked meat, Tony noticed he would likely have too much meat to use up at dinner, so he set some aside.

How could Tony use the leftover ground beef in another meal or snack?

1. *Spaghetti with meatsauce*

2.

Angela was packing her lunch for school the next day. She sliced some Cheddar cheese to put on her sandwich. When she was finished, she realized she had cut too many slices.

How could Angela use the cheese in another meal or snack?

1.

2.

Priya is preparing a snack. She washes blueberries and slices bananas. After her snack, she has leftover blueberries.

How could Priya use this fruit in another meal or snack?

1.

2.

Felipe is making lunch for himself and his younger brother. His favourite meal to make is macaroni and cheese. After boiling the macaroni, he realizes he has made too much.

How could Felipe use the extra pasta in another meal or snack?

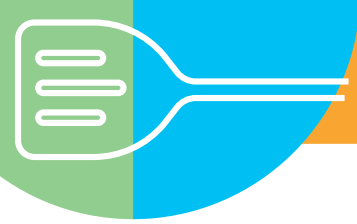
1.

2.



Click the page titled “*Involve Others*” and answer the following questions:

- 5 List three benefits that *Canada’s Food Guide* gives for involving others in planning and preparing meals.



Canada's Food Guide encourages sharing food and cooking traditions. Food traditions can be foods, dishes, or ways of preparing food you enjoy regularly or for special celebrations. Cooking traditions could include making perogies with your baba once a year, having Friday pizza night, or eating your favourite meal for lunch.

6 What is one food or cooking tradition you have?

For example, every Friday my family celebrates the start of the weekend with my cousins.

7 What makes this food or cooking tradition meaningful?

For example, we each get to pick the toppings for our own personal pizzas.

MEAL INGREDIENTS

This image shows ingredients used to create a meal.



8 Choose the correct food category for each ingredient.

Vegetables
and fruits

Whole grain
foods

Protein
foods

Berries (strawberries, blueberries, blackberries)

Grapes

Peanut butter and/or peanuts

Nectarine

Milk

Melons (cantaloupe and watermelon)

Whole grain bread

Pear



9 What meal would you create using these ingredients?

10 Is there anything you would add to or change in the meal to make it more enjoyable?

11 What skills would be required to create your meal?


CANADA'S FOOD GUIDE IN ACTION

Watch the video "[Canada's Food Guide in Action.](#)"

- 12 If you were to create your own meal for a "Canada's Food Guide in Action" video, what meal would you create? Aim to include at least one food from each food category.

- 13 Use the table below to identify the ingredients in the meal you chose.

INGREDIENT	WHAT FOOD CATEGORY DOES THIS FOOD FIT INTO? (vegetables and fruits, whole grain foods, protein foods)



14 What is one food skill you already have that would help you prepare this meal?

15 Are there any food skills you need to learn, or would need an adult to help you with, to prepare this meal?

16 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?

REFERENCE

Health Canada. 2021. Eating well with Canada's food guide.
<https://food-guide.canada.ca/en/>

