

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

## Cook More Often



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GRADES  
7-9

## 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's* 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](https://Canada.ca/FoodGuide)) or download from [food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf](https://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 What are two recipes you know how to make?  
(e.g., toast with peanut butter, grilled cheese, home-baked cookies)

Canada's Food Guide suggests exploring different ways to cook food. 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 *Tips*. Under the heading *Meal planning, cooking and healthy choices*, scroll through to *Healthy cooking methods* to compare these methods.

3 In the following list, place a checkmark beside the cooking methods you have learned (if you haven't learned any yet, that's okay too). Check three cooking methods you would like to learn. If you already know all the methods, pick the three you are least familiar with or add your own at the bottom of the list.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <i>Baking</i>      | <input type="checkbox"/> <i>Poaching</i>         | <input type="checkbox"/> <i>Steaming</i>                |
| <input type="checkbox"/> <i>Broiling</i>    | <input type="checkbox"/> <i>Pressure cooking</i> | <input type="checkbox"/> <i>Stir-frying or sautéing</i> |
| <input type="checkbox"/> <i>Grilling</i>    | <input type="checkbox"/> <i>Roasting</i>         | <input type="checkbox"/> <i>No cook</i>                 |
| <input type="checkbox"/> <i>Microwaving</i> | <input type="checkbox"/> <i>Slow cooking</i>     |   |

Other cooking methods I know

Other cooking methods I would like to learn



4 For the three skills you would like to learn, complete the following:

Define the food skill.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Name a food you would like to make using this skill.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How might you begin to learn this skill?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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 *Eating habits* and then click *Plan what you eat*. Scroll to the bottom of the page. Under *Further reading* click *Meal planning*.

5 What are the four steps of meal planning that *Canada's Food Guide* suggests?

1

3

2

4

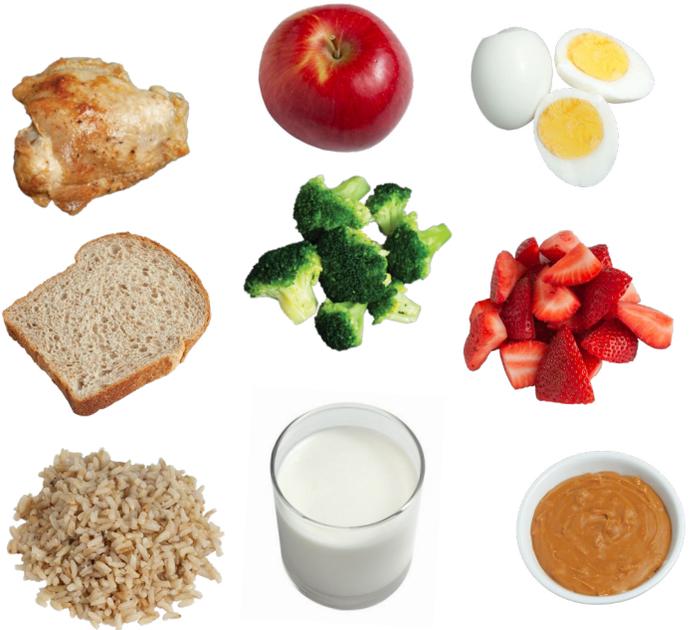
6

You have been asked to pack your lunch and snack for school tomorrow. No one in your family is going to the grocery store until later in the week, so you need to use items that are available. You see that you have the following items available:

• **Fridge:** apples, cheese, cooked chicken, hard boiled eggs, leftover noodles, lettuce, mayonnaise, milk, salad dressing, yogurt

• **Freezer:** broccoli, mixed berries, peas, sliced bread

• **Cupboards:** canned chickpeas, canned pears, canned tuna, cereal, cinnamon, crackers, cumin, nut butter, pepper, rice, tomato sauce



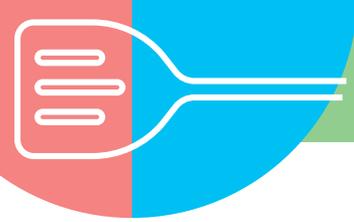
a) What lunch and snack could you create using these foods? Aim to include at least one food from each *Canada's Food Guide* category in your lunch and at least two *Canada's Food Guide* categories in your snack.

Lunch \_\_\_\_\_

Snack \_\_\_\_\_

b) Is there anything you would add to your family's grocery list to make this lunch and snack taste even better?

A large, empty rectangular box with a dotted green border, intended for writing an answer to question b).



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 *Eating habits* and then click *Involve others in planning and preparing meals*.

7 *Canada's Food Guide* highlights the benefits of involving others in cooking and preparing meals. What are three benefits?

1

2

3

8 *Canada's Food Guide* highlights food-related activities that are not just about cooking. What is one example of a food-related activity?

## CANADA'S FOOD GUIDE IN ACTION

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

You will be using this meal example to explore *Canada's Food Guide's* recommendations.

9 What cooking methods do you think are used to make this meal?



10 One step that *Canada's Food Guide* suggests for meal planning is to check your fridge, freezer, and cupboards for foods that you have before grocery shopping to reduce waste. What would you need to check for, and possibly add to your grocery list, before preparing this meal?

Fridge

Freezer

Cupboards





11 How might you incorporate a food-related activity as part of planning or preparing this meal?

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12 *Canada's Food Guide* highlights the importance of adjusting recipes to meet your needs. How might you adjust this meal:

To make it taste better?

For a larger group?

A rectangular area with a dotted green border, intended for writing an answer to the first part of question 12.

A rectangular area with a dotted green border, intended for writing an answer to the second part of question 12.



13 How might you incorporate a food-related activity as part of planning or preparing this meal?

A large rectangular area with a dotted green border, intended for writing an answer to question 13.

14 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?

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