

A Guided Discovery of *Canada's Food Guide*

Eat Meals with Others



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GRADES
4-6

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 I: 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

Canada's Food Guide explores the benefits of eating together. Fill in the blanks to complete the sentence below using *Canada's Food Guide's* suggestions.

When we eat with others, we can

- add _____ to our life,
- enjoy _____ together,
- share _____ across generations and _____, and
- explore _____ healthy foods that we might not normally try.





2

What is one benefit of eating meals with others that is not listed in *Canada's Food Guide* that you could add?

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.**

a

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.

b

Who do you enjoy eating your meals with?

4

Read the section, **how to eat with others more often**. *Canada's Food Guide* suggests that **the key to making it happen often starts with a plan**. The guide provides many examples of ways to eat with others more often.

a

What is one example you could add to this list?

b

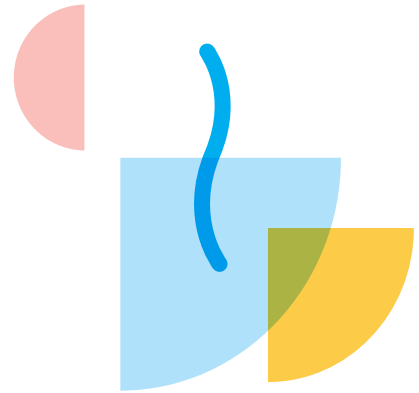
For your example, what is one thing you would need to do to prepare for your meal together?

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. Answer the following questions using the recipe you chose in question 5.

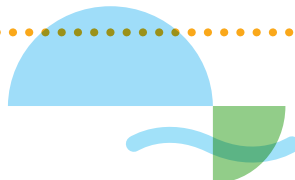
7 If you plan to eat this meal with others, consider the following:

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

b Who would you like to share this meal with?

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

d What steps would you need to do to plan your meal with others? Consider both the planning of your meal together as well as the food preparation.



OPTIONAL: KEEP THE LEARNING GOING

Create an invitation to invite another student at your school to eat lunch with you.

Before writing your invitation, consider these questions:

