

Canada's Food Guide Toolkit

Grade K-2

Overview

The resource is an interactive lesson that includes watching short portions of a recorded video of Chi the Chinchilla teaching students about Canada's food guide, enhancing the lessons on the different food groups through physical activity segments, and drawing food items on appropriate sections of the *Healthy Plate Activity Sheet*.

Learning Objectives

Students will:

1. learn about Canada's food guide recommendations and how this supports their health.
2. be able to recognize various healthy food options from the Healthy Plate.

What You Will Need

- Pencils, markers, crayons, and any other craft supplies of your choice!
- Healthy Plate Activity Sheet (Last page of this document)
- Video link: [Food Guide Toolkit Video Chi the Chinchilla – YouTube](#)

Length of this activity

The video is less than 15 minutes. The time to complete the whole interactive video lesson will vary between 15 minutes to 1 hour or more, depending on how much time you allocate for the students to draw food items. This can be a quick reminder lesson, or a great way to spend the whole morning!

Instructions/Teacher prompts:

- **Easy preparation:** Print the *Healthy Plate Activity Sheet* (last page of this document) and set up the [Food Guide Toolkit Video Chi the Chinchilla – You Tube](#) on the computer.
- **Setup:** Have students sit at their desks with their craft supplies. Hand out the *Healthy Plate Activity Sheet* to each student, either before the video begins or when the video prompts the first activity.
- **Play the video** when everyone is ready to have fun.
- Chi the Chinchilla will ask the students to stand up and participate in active movements. See *Physically Active Segments* below for details.
- During these portions of the video, ensure students participate to the best of their ability.
- The video will prompt you to press PAUSE and allow some time for students to draw. You choose the amount of time you want to allow for drawing, based on the time you have for this activity.
- Once you want to move on from that section of the plate press PLAY. This will repeat 3 times, for all sections of the Healthy Plate.

Additional Activities: Following the video, you can engage the students in a quick discussion about what foods they drew on their *Healthy Plate Activity Sheet*. If a student drew a food item in the incorrect food group, or drew a “sometimes” food, instead of calling them out, teach the whole group which section of the Healthy Plate this food item belongs to, so that the whole group understands. Then, move on to the next food item.

Physically Active Segments:

Chi the Chinchilla will ask the students to stand up at their seat and participate in an action on three different occasions. The actions include jumping up and down on the spot, flexing their arm muscles, and running on the spot.

For example, during the vegetables and fruits section, Chi will name food items one by one. The students will be asked to jump up and down on the spot, if the food item is a vegetable or a fruit, and asked to stand still like a statue for other items that do not belong in this section, such as bread.

NB Curricular Outcomes:

Grade K-2: Healthy Lifestyles

K 2.2 Identify and explain types of activities that support a healthy lifestyle

1.3.3 Identify habits and products that are harmful to our health

2.4.1 Understand, develop and maintain a healthy lifestyle

Name: _____

Date: _____

Food Guide Toolkit: Healthy Plate Activity Sheet

Fruits	Vegetables	Grains	Proteins	Dairy
Apple	Carrots	Pasta	Beans/peas	Milk
Banana	Peppers	Rice	Tofu/Soy	Yogurt
Orange	Tomatoes	Bread	Nuts	Cheese
Pineapple	Spinach	Cereal	Peanut butter	Cottage Cheese
Kiwi	Cucumber	Oatmeal	Eggs	
Pear	Lettuce	Popcorn	Fish	
Berries	Celery		Meat	
Peach	Broccoli			
Melon	Onion			
Mango	Cauliflower			

