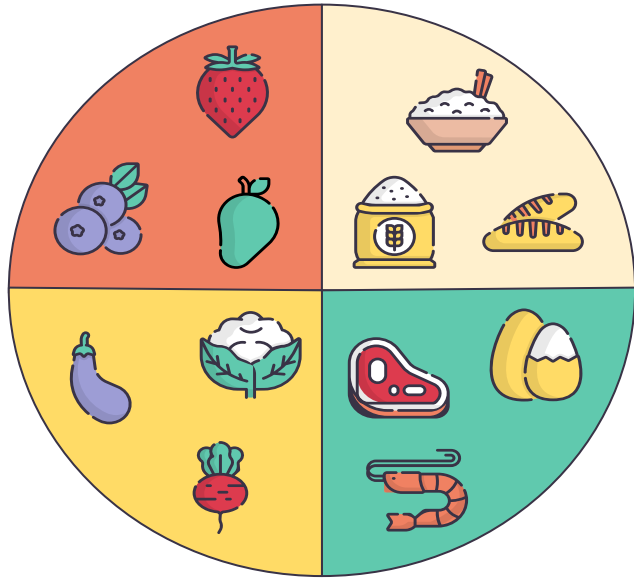


The background of the slide is white and decorated with various colorful illustrations of fruits and vegetables. At the top left, there are blueberries. Next to them is a slice of orange. In the top center, there is a green leaf. To the right is a slice of watermelon. Further right is a lime. On the left side, there is a lemon. In the center, the main title 'Healthy Eating and Nutrition' is written in a large, green, sans-serif font. Below the title is a yellow rectangular box with a black border. Inside this box, the subtitle 'Special Topics in Physical Health Education' is written in a bold, black, sans-serif font. Below the subtitle, the authors' names 'Riley Cone, Hannah Rochford, and Kiana Archibald' are listed in a smaller, black, sans-serif font. At the bottom left, there is a strawberry. In the bottom center, there is a banana. At the bottom right, there is an orange and a cherry.

# Healthy Eating and Nutrition

## Special Topics in Physical Health Education

Riley Cone, Hannah Rochford, and Kiana Archibald

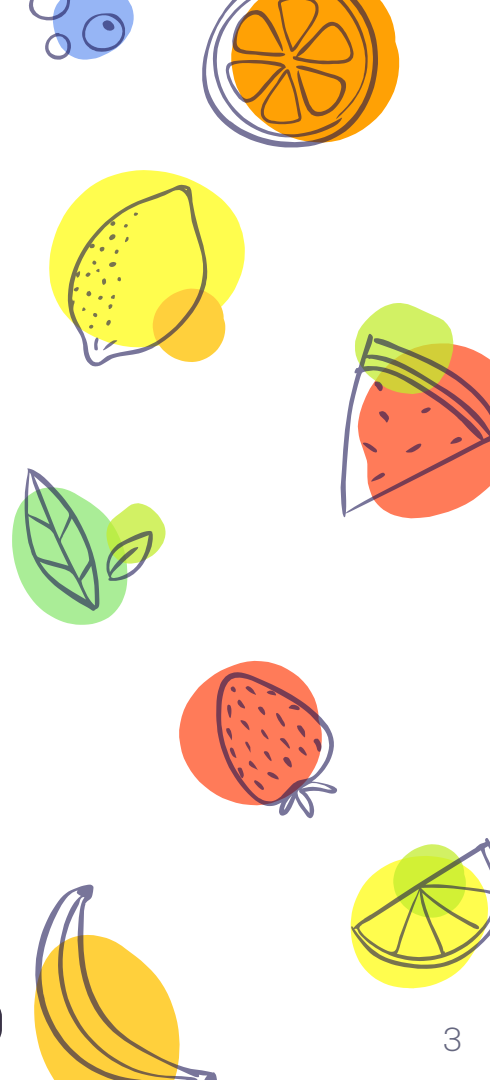


# Nutrition: What is it and Why is it important to teach?

**Nutrition is the food we put in our body that gives us fuel.**

# How do you approach teaching nutrition in a respectful way?

- more nutritious and less nutritious
- food as fuel not as a reward or punishment
- moderation and balance is key
- parents might not agree with what you deem as healthy so be open to every diet
- hydrate





# The **WRONG WAY** To Think About Food



@CarterGood

## "Bad Foods"



## "Good Foods"



# The **RIGHT WAY** To Think About Food



## Less Nutritious

( typically higher calories  
& lower volume )



## More Nutritious

( typically fewer calories  
& higher volume )





**Question for the class: (put it  
in the chat if you'd like)**

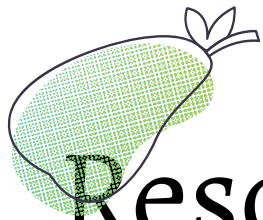
**What is your favourite meal?**

**What does a nutritious meal  
look like to you?**

What grade do we start teaching nutrition at?

As early as Kindergarten





# Resources to use when teaching nutrition



- Canada's Food Guide
- Taste the Rainbow
- Build your own meal
- Picture books
- Action for Healthy Kids Foundation
- Using other subjects
- PE activities





# Canada's Food Guide

-Canada's Food Guide is useful resource

-Everyone is different!



**Canada's food guide**

## Eat well. Live well.

**Eat a variety of healthy foods each day**

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

**Healthy eating is more than the foods you eat**

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit foods high in sodium, sugars or saturated fat
- Be aware of food marketing

Discover your food guide at  
**Canada.ca/FoodGuide**

Health Canada Santé Canada

Canada



# How has Canada's Food Guide changed?

1942



## I. CANADA'S FOOD RULES

Approved by the Canadian Council on Nutrition  
THESE ARE THE FOODS FOR HEALTH. EAT THEM EVERY DAY. DRINK PLENTY OF WATER

1. Milk—Adults,  $\frac{1}{2}$  to 1 pint. Child  $\frac{1}{4}$  pint to 1 quart.
2. Fruit—One serving of citrus fruit, tomatoes or their juices, and serving of other fruit.
3. Vegetables—At least one serving potatoes; at least two servings other vegetables, preferably in green or yellow, and frequently.
4. Cereals and Bread—One serving whole-grain cereal and at least slices of Canada Approved Vita B bread (whole wheat, brown white) with butter.
5. Meat and Fish—One serving of meat, fish, poultry or meat alternates such as beans, peas, nuts, eggs or cheese. Also two eggs and cheese at least three times a week each, and liver frequently.
6. Fat—Fish liver oil, as a source of vitamin D, should be given to children and expectant women, and may be advisable for older adults. Iodized salt is recommended.

2021



-Main purpose has changed

-Goodbye 4 food groups

-Proportion > Portion

-Why is it important to consider these changes?



# Taste the Rainbow



## eat a rainbow

red

strawberries, raspberries, tomatoes,  
red bell pepper, watermelon,  
cherries, pomegranate, guava

orange

orange bell pepper, sweet potato,  
carrots, peaches, oranges, nectarines,  
apricots, squash, pumpkin, cantaloupe

yellow

bananas, yellow bell pepper,  
pineapple, lemons, papaya, mango,  
corn, yellow apples, yellow pears

green

spinach, lettuce, green apples, kiwi, pears,  
celery, cucumbers, peas, broccoli, zucchini,  
green bell peppers, honeydew, green beans

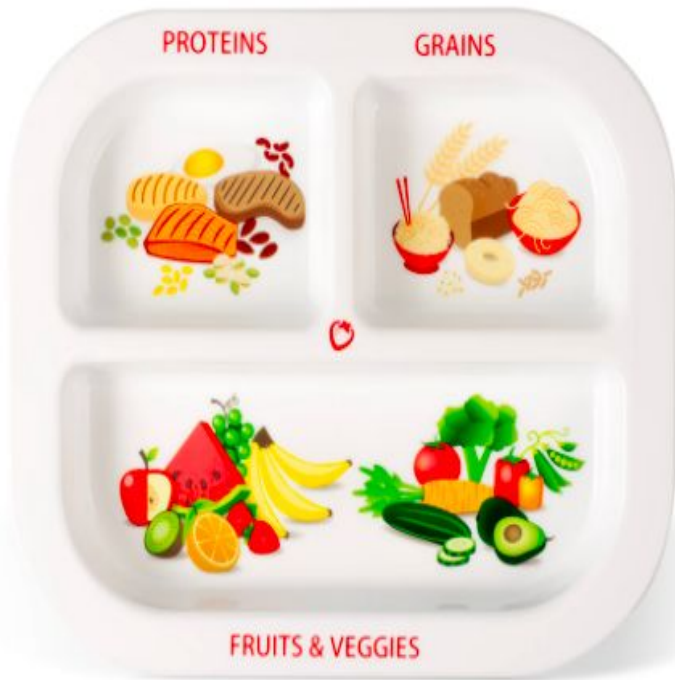
blue

blueberries, black currants, black grapes,  
prunes, blackberries

purple

red grapes, plums, purple cabbage,  
raisins, figs, prunes, eggplant,  
purple carrots, purple cauliflower

# Build your own meal:



# Children's books

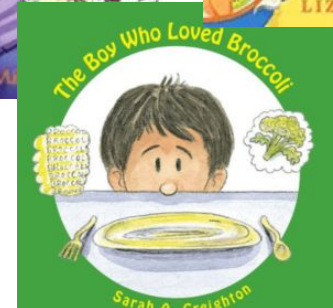
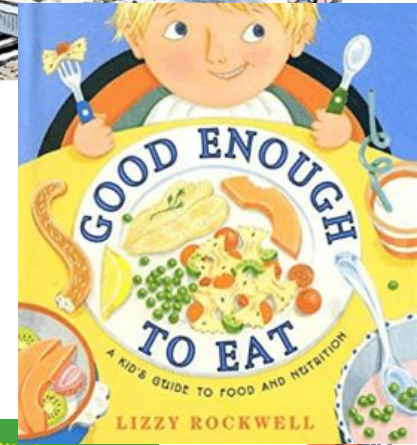
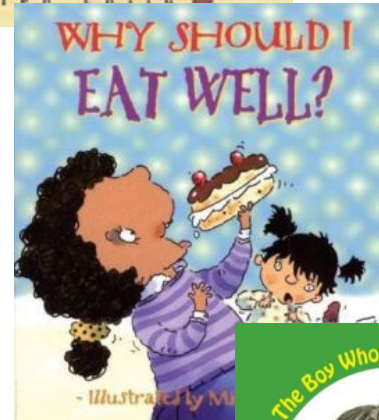
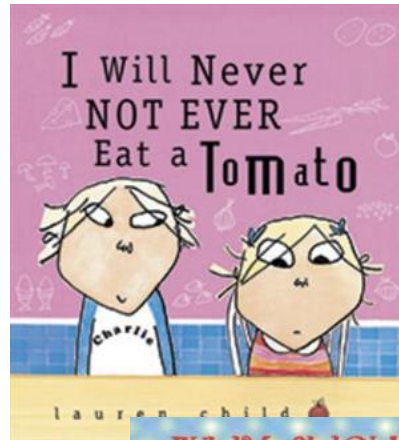
"I Will Never Not Ever Eat a Tomato" by Lauren Child

"Why Should I Eat Well?" by Claire Llewellyn

"Good for Me and You" by Mercer Mayer

"The Boy Who Loved Broccoli" by Sarah A. Creighton

"Good Enough to Eat: A Kid's Guide to Food and Nutrition" by Lizzy Rockwell



# Website for Teacher use

<https://www.actionforhealthykids.org/activity/nutrition-education/>

**ACTION** FOR  
HEALTHY  
KIDS 



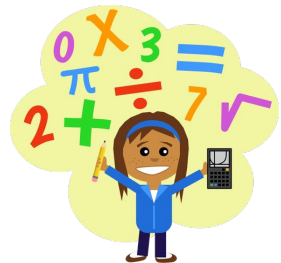
# Integrating Nutrition In Other Subjects

## Math:

-Money

-Fractions

-Measurements



## Science:

-Human anatomy

-Environment

-Animals



## English:

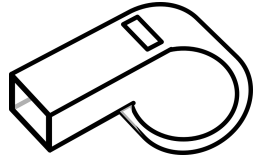
-Writing

-Speaking

-Reading

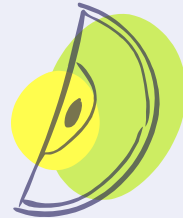
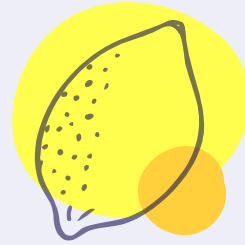


# Physical Health Education - Nutrition Activities



**- Food Group Relay Race**

**- Food Group Tag**



Thank You!

