

Learning Intentions

1. To learn what Canada's Food Guide suggests for nutrition
2. To learn how grocery stores lay out their food to make you spend more money

Notes

About once per decade, Canada releases a food guide, created with the help of scientists, industry, and citizens.

1. The newest food guide is Canada's Food Guide 2019, which is illustrated with a picture of a suggested plate of food, divided into 3 parts.
 - a. Fruits and vegetables: half the plate, with the suggestion to "have plenty".
 - b. Proteins: one quarter of the plate
 - c. Grains: one quarter of the plate, with the suggestion to "choose whole grain foods"
2. Canada's Food Guide 2019 suggests making water your drink of choice.
3. In addition to providing nutrition advice, Canada's Food Guide 2019 suggests:
 - a. Be a mindful eater.
 - b. Cook more often.
 - c. Enjoy your food.
 - d. Eat meals with others.
 - e. Use food labels.
 - f. Limit foods high in sodium, sugars, and/or saturated fat.
 - g. Be aware of food marketing.

Activity

1. Choose a food that you like to eat. Find it in the store, and take pictures of the food label on 3 different brands of this food. Email the pictures to Mr. Renwick at krenwick@vsb.bc.ca
2. On the next page, draw a map of the layout of the grocery store. Identify the location of the following items:

Entrance/exit, fresh fruits and vegetables, canned fruits and vegetables, meat, nuts/beans/legumes, dry pasta, milk products, sugary drinks, bread/ bakery, frozen microwave meals, sugary candy