

**November:  
WEEK FOUR**



# **NUTRITION**

## **THE AGENDA:**

*Discussion: What is a calorie? How do we burn calories? How many calories do we need everyday? What are the food groups? Why is it important to eat nutritious foods rather than just junk food?*

- ◇ Make a Food Diary for what you ate today or yesterday. Visit Canada's Food Guide Online to analyze how healthy your choices were. Construct a meal plan to follow for the next few days.
  - ◇ Learn to Read a Food Label.
  - ◇ Make a Healthy Recipe together!
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- ◇ Go for a jog and burn some calories.
  - ◇ Go for a walk and find a good shaped rock. Decorate your pet rock and make him an outfit. You could also collect leaves and do leaf rubbings.



**CANADA'S FOOD GUIDE:** (from [www.hc-sc.gc.ca/](http://www.hc-sc.gc.ca/))  
**How Many Servings from Each Food Group Do I need Daily?**

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7.8	8-10	7	7
Grain Products	3	4	6	6	7	6.7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

**IDEAS OF FOODS I COULD EAT FROM EACH CATEGORY:**

**VEGETABLES AND FRUIT:**

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**GRAIN PRODUCTS:**

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**MILK AND ALTERNATIVES:**

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**MEAT AND ALTERNATIVES:**

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**FOODS THAT I SHOULD LIMIT:**

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## MY FOOD DIARY

Choose a recent day where you remember everything you ate. Write it down, being as detailed as you can. Check and see if you ate a balanced diet with the recommended servings from each food group.

Breakfast:

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Snacks:

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Lunch:

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Snacks:

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Dinner:

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Snacks:

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### Servings from Each Food Group:

Fruits & Veggies: \_\_\_\_\_  
Milk & Milk Alternatives: \_\_\_\_\_  
Fats, Oils & Sweets: \_\_\_\_\_

Grains: \_\_\_\_\_  
Meat & Meat Alternatives: \_\_\_\_\_

## HOW TO READ A FOOD LABEL

Nutrition Facts			
Per 1 cup (55 g)			
Amount	% Daily Value		
Calories 220			
Fat 2 g		3 %	
Saturated 0 g		0 %	
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 270 mg		11 %	
Carbohydrate 44 g		15 %	
Fibre 8 g		32 %	
Sugars 16 g			
Protein 6 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 4 %	Iron 40 %		

- Serving Size:** If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed. Always compare the serving size on the package to the amount that you eat.
- Calories:** Calories tell you how much energy you get from one serving of a packaged food.
- Percent Daily Value (% Daily Value):** % Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food.
- Get less of these nutrients:**  
*Fat, saturated fat and trans fat, Cholesterol, Sodium*  
Choose packaged foods with a low % Daily Value of fat and sodium, especially if you are at risk for heart disease or diabetes.
- Get more of these nutrients:**  
*Fibre, Vitamin A and Vitamin C, Calcium, Iron*  
Choose packaged foods with a high % Daily Value of these nutrients. If you have diabetes, watch how much carbohydrate you eat as this will affect your blood glucose levels.