

CHOOSING HEALTHY FOOD

Indicators

- Identifies foods which are healthier than others.
- Identifies unfamiliar foods.

Teacher information

- Given the opportunity, children are willing to try most things once. Some healthy foods may not have been tasted by them because their parents don't like them and don't prepare them.
- The United States is lucky enough to have access to a variety of multicultural dishes because of the make-up of our society. Chinese vegetables are commonplace in fruit markets and supermarkets. Italian, Thai, Chinese, Mexican and Mediterranean meals of many types are available to most American families. Students have many opportunities to expand their tastes.
- Read the instructions with the students. View and discuss the meals or snacks in each group.
- Students color the healthier choices in each group. Discuss reasons for choosing and not choosing specific meals or snacks.
- Students complete Question 2 independently.

Additional activities

- Hold a sampling day of unfamiliar healthy foods. Students bring a small quantity of foods which others may not have tried. Include foods such as almonds, asparagus, eggplant, honeydew melon, star fruit, sun-dried tomatoes, mushrooms, celery, avocado, cottage cheese, etc. Students taste them and give their opinions. Be sure to tell the students that people prepare foods differently, and when prepared in another way it may not taste the same. Encourage them to sample foods that they don't like at a later date because they may decide they like them after their taste buds have developed further.
- Students draw and label their favorite food from another country. Discuss how healthy or unhealthy these are and how to make these meals more healthy. Even meals which may be considered unhealthy are okay to eat occasionally.
- Invite parents to bring a dish for the students to sample on a Multicultural Day.

Answers

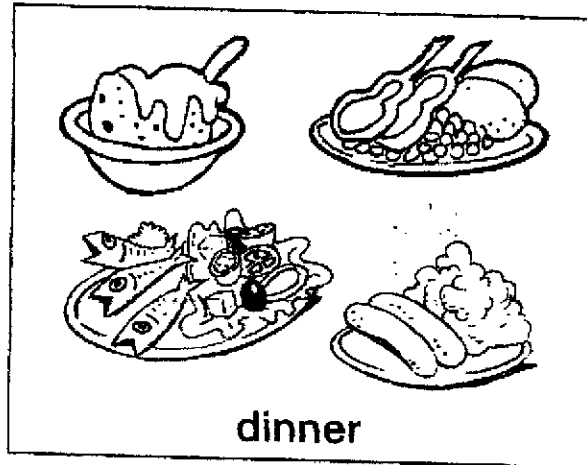
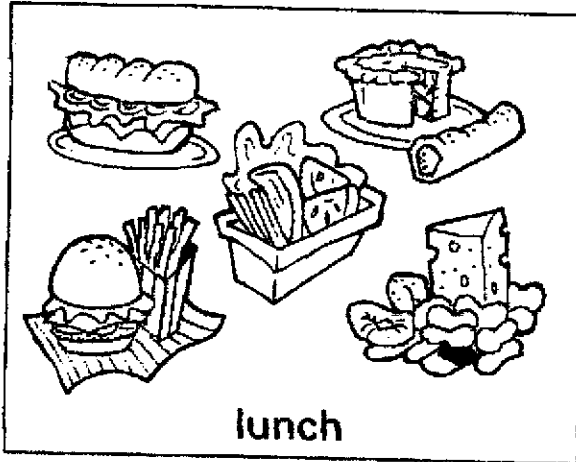
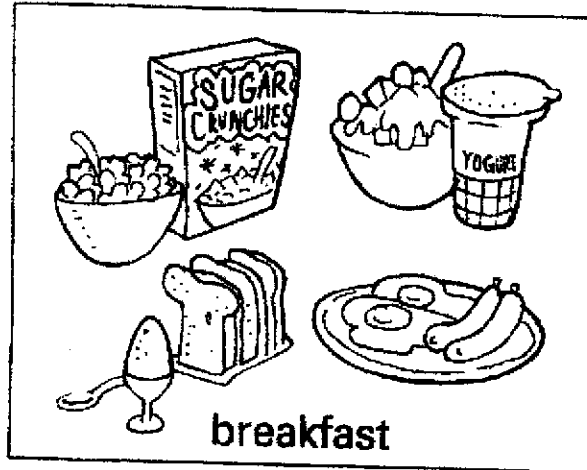
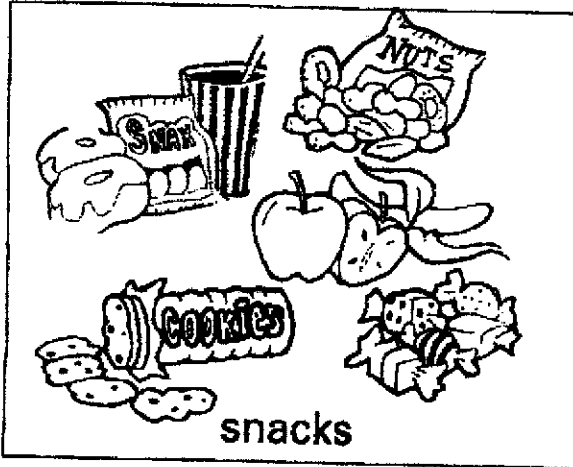
- (a) The students should have colored the apple and the nuts.
 - (b) The students should have colored the toast and boiled egg, and the fruit and yogurt.
 - (c) The students should have colored the sandwich, the lunch box with the salad, and the nuts, cheese and dried fruit.
 - (d) The students should have colored the fish and salad, and the meat and veggies. (Sausages are usually high in fat content.)
2. Teacher check



Choosing Healthy Food

We need to make healthier food choices to improve our fitness and health.

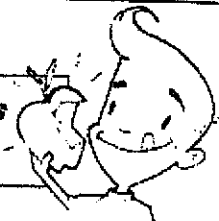
1. Color the better food choices in each group.



2. In the box below draw some healthy foods which you have not eaten but would like to try.

HEALTH CHALLENGE

Ask Mom or Dad to buy a small quantity of one of the new foods above for you to try. Eat it and report back about how it tasted.



A HEALTHY DIET

Nutritional Information Labels

Most packaged food has a table or panel on the label to tell what the food in the package contains. People can read the nutritional label to make healthier food choices. Food with less than 5 g of fat or sugar per 100 g is reasonably healthy.

1. Collect information from two different packaged foods to complete the nutrition panels below.

(a) PRODUCT: _____

NUTRITION FACTS	
Servings per package:	_____ (____ g)
Servings Per Container	_____
Amount Per Serving	
Calories _____	Calories from fat _____
	% Daily Value
Total Fat _____ g	____%
Saturated Fat _____ g	____%
Trans Fat _____ g	____%
Cholesterol _____ mg	____%
Sodium _____ mg	____%
Total Carbohydrate _____ g	____%
Dietary Fiber _____ g	____%
Sugars _____ g	
Protein _____ g	
Vitamin A	____%
Vitamin C	____%
Calcium	____%
Iron	____%

(b) PRODUCT: _____

NUTRITION FACTS	
Servings per package:	_____ (____ g)
Servings Per Container	_____
Amount Per Serving	
Calories _____	Calories from fat _____
	% Daily Value
Total Fat _____ g	____%
Saturated Fat _____ g	____%
Trans Fat _____ g	____%
Cholesterol _____ mg	____%
Sodium _____ mg	____%
Total Carbohydrate _____ g	____%
Dietary Fiber _____ g	____%
Sugars _____ g	
Protein _____ g	
Vitamin A	____%
Vitamin C	____%
Calcium	____%
Iron	____%

2. Which food ...

(a) has more calories per 100 g?

a b

(b) has more sugar per 100 g?

a b

(c) has more fat per 100 g?

a b

(d) is higher in salt per 100 g?

a b

3. Which food do you think is the healthier choice? Explain.

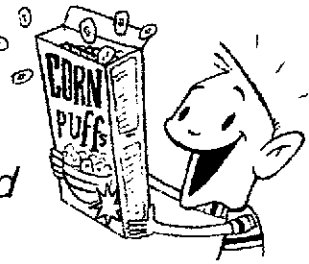


HEALTH CHALLENGE

Read the nutritional labels on your favorite snacks and choose one with less fat and sugar.

Nutritional Information Labels

Most food in packages has a label on the side to tell what the food in the package contains. People can read the label to choose one food over another.



1. Look at this part of the label.
2. Food with less than 10 grams of fat and sugar per 100 grams is reasonably healthy.

Is this food healthy?

YES NO

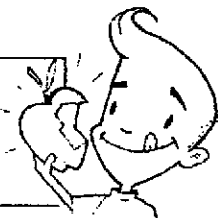
Color the correct answer.

Nutrition Facts	
Serving Size 1/2 cup (114 g) Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value	
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13 g	4%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 3 g	

3. Complete the answers using information on the panel.
 - (a) How many servings are in the container? _____
 - (b) How big is each serving? _____
 - (c) How many calories are in each serving? _____
 - (d) How much protein is there in each serving? _____
 - (e) How much total fat is there in each serving? _____
 - (f) How many carbohydrates are there in each serving? _____
 - (g) How much sugar is there in each serving? _____
 - (h) How much sodium is in each serving? _____

HEALTH CHALLENGE

Find out how much sugar is in your favorite breakfast cereal. Choose a different one to try which has less sugar. (Less than 10 grams per 100 grams.)



A HEALTHY DIET

Junk Food

People are spending more money each year on convenience or takeout meals. Junk food and fast food like burgers, french fries, chocolates, soft drinks and ice cream, are now often a regular part of our daily diet. Instead, junk food should be a treat, eaten only occasionally. Diets made up of junk foods have more fat, sugar and salt levels than other nutrients. Too much junk food could mean the body is missing out on important nutrients, which can lead to health problems like obesity, type 2 diabetes, heart disease and tooth decay.

Our busy lifestyle of working, going to school, playing sports and seeing friends makes junk food an easy and quick food choice. Television advertisements and what our friends are eating and drinking can also lead us to make unhealthy food choices.

1. Complete the chart about your favorite junk foods.

Food	Where from?	Eaten mostly on ...		Eaten ...	
		weekends	weekdays	alone	with others

2. Color the answers. (Some may have more than one.)

(a) I mostly eat my junk food

at a table
 in the store
 in front of the TV
 with family or friends

(b) I eat more junk food

alone
 with friends
 with family

(c) I am more likely to eat junk food when I am sad or upset.

TRUE
 FALSE

(d) I eat fast food

once a week
 only on weekends
 more than once a week

(e) I like to try new foods advertised on TV.

TRUE
 FALSE

3. When might you eat more junk food than normal?

4. (a) Do you think you eat too much junk food?

TRUE
 FALSE

(b) What could you do to eat less?

HEALTH CHALLENGE

Try making a healthy, homemade burger rather than a fast food burger.



HEALTHY EATING PLAN

Name

Date

Breakfast



Healthy snack

Lunch

Healthy snack

Dinner

Tally of the number of glasses of water drunk