

# Body Foods

## Objective of Activity

To have students think about how snacks with foods from Canada's Food Guide help their bodies grow and have energy for school and activities.

## Teacher Background

- Canada's Food Guide  
<https://food-guide.canada.ca/en/>
  - **Vegetables and fruits:** Help our blood, teeth and gums to grow healthy. Keep our insides clean and get rid of the waste that builds up in our bodies. Keep our skin healthy and helps us see in the dark.
  - **Whole grain foods:** Give us energy and fuel our brains.
  - **Protein foods:** Keep our bones and teeth strong, build and repair body tissue, like muscle. Help us fight off infections and keep our blood healthy.

## Material Required

- Markers and flipchart paper
- 'Snacks for Children'  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>
- Healthy Snacking  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf>

## Instructions

1. Explain how foods from the food guide help their bodies grow and be healthy.
2. Have each student think of a healthy snack. Ask a student what their snack is and what section of the food guide the food fits into. Record the ideas on the flipchart. Talk about why it's important to eat foods from the food guide (above).

For example, Joe's snack was an apple and cheese. The foods are vegetables and fruit and protein foods.