

## Grade 2: My Friends' Food Choices



Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025



### Speaker Notes:

- We need to have food and drinks throughout the day to have energy, to feel good, to grow, and for our bodies to work well.
- We are going to look at something called Canada's food guide and explore all the different reasons we eat the foods we do.

### Teacher Background:

For a PowerPoint version of this presentation, please contact: [publichealth.nutrition@ahs.ca](mailto:publichealth.nutrition@ahs.ca)

### Image sources throughout presentation:

Cartoon people - Microsoft 365 Stock Images– colour added in Paint

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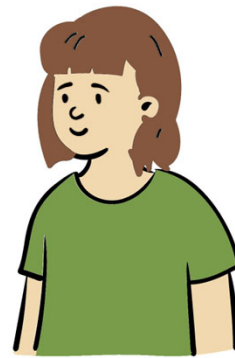
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Ian



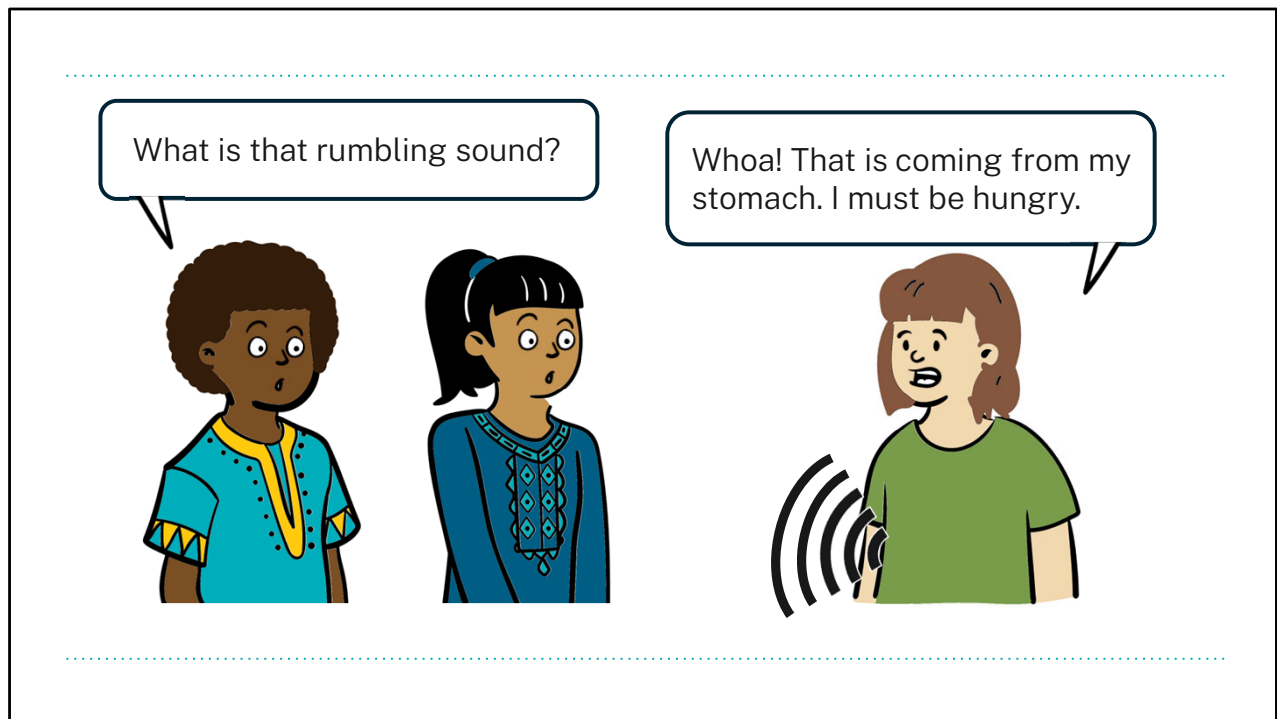
Priyanka



Ava

**Speaker Notes:**

Meet Ian, Priyanka, and Ava. They are going to help us explore how we fuel our bodies.



**Speaker Notes:**

- Ian: "What is that rumbling sound?"
- Ava: "Whoa! That is coming from my stomach. I must be hungry."



### Speaker Notes:

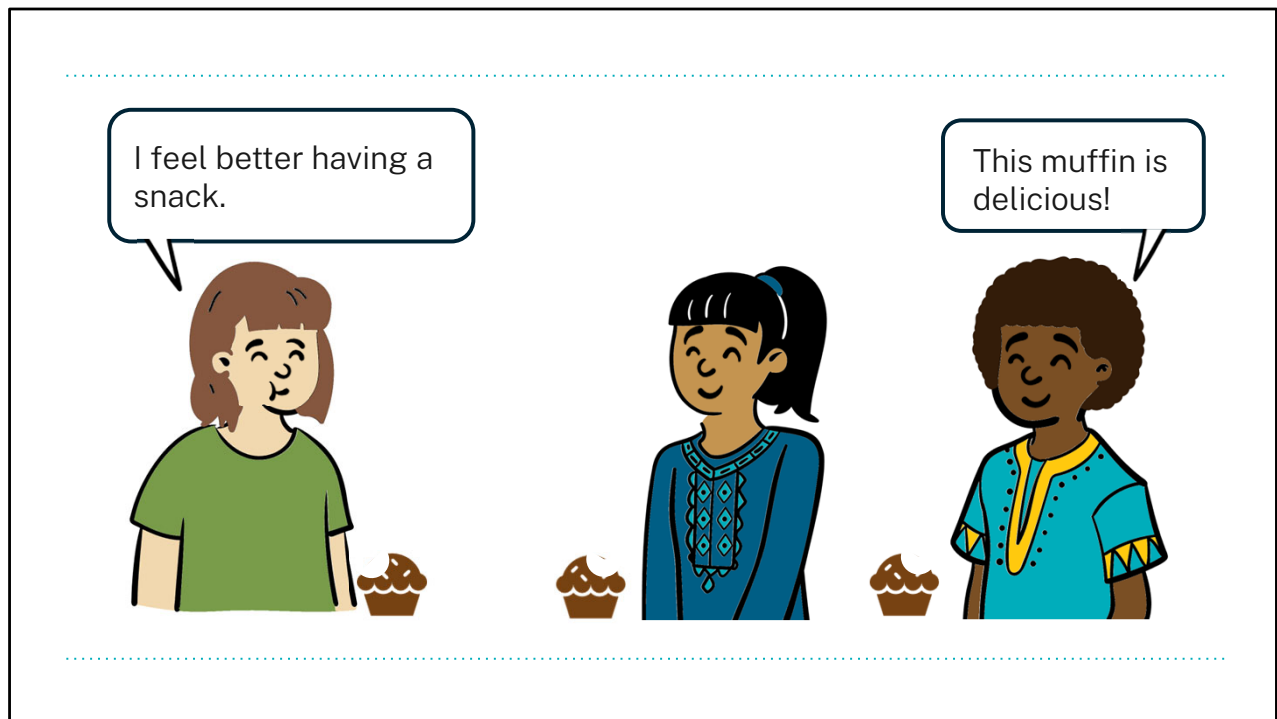
**Ask:** How does our body tell us when we are hungry or thirsty?

### Sample answers:

- Growling tummy
- Low energy or tired
- Become easily bothered by things
- Headache
- When you are very hungry, you may feel dizzy and a sick feeling in your tummy (nausea).
  - If our brain is busy because we are having a lot of fun or really interested in what we are doing, we can sometimes miss our hunger signals and become very hungry.
- **Thirst:** Signs of thirst may be dry mouth, feeling tired, and headaches. Often by the time you feel thirsty, your body is already low on water. It is best to drink water throughout the day and not wait until you are thirsty.

### Reference

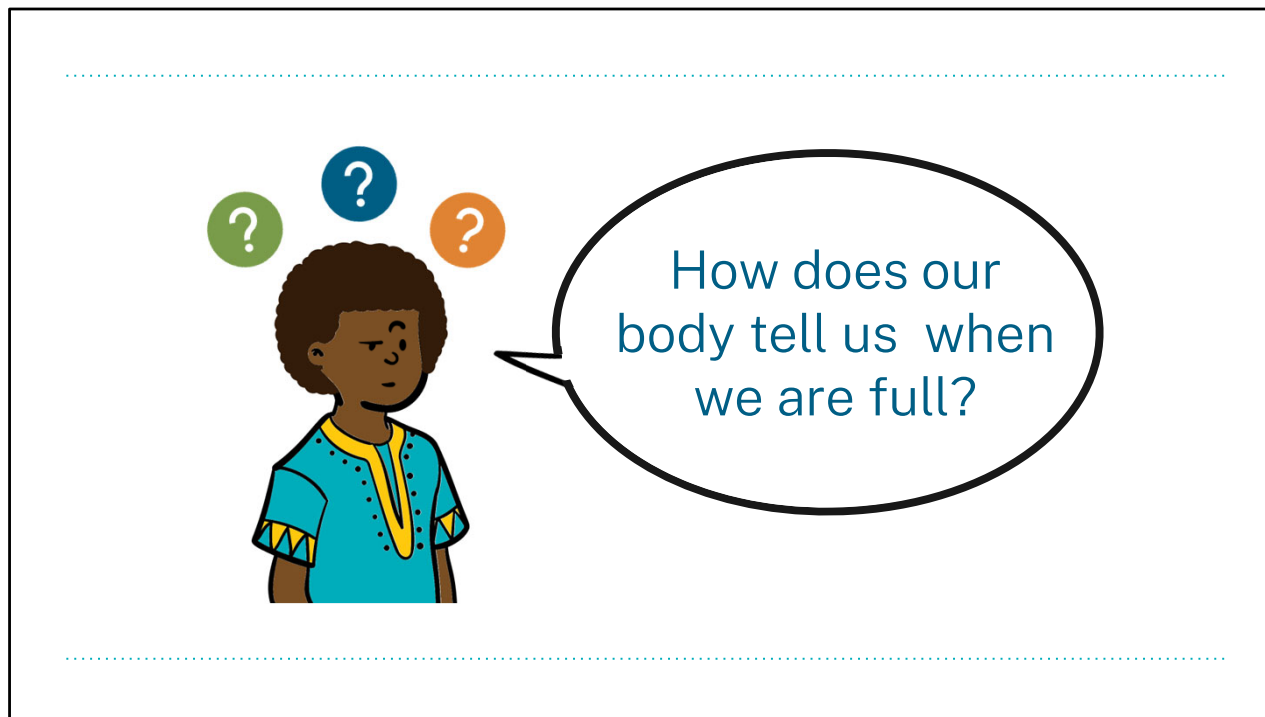
- Alberta Health Services. Hunger and fullness signal [handout] 2021. Available from: [www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hunger-and-fullness-signals.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hunger-and-fullness-signals.pdf)
- Unlock Food. Facts on Fluids – How to Stay Hydrated [Internet] 2021 Oct 25. Available from: [www.unlockfood.ca/en/Articles/Water/Facts-on-Fluids-How-to-Stay-Hydrated.aspx](http://www.unlockfood.ca/en/Articles/Water/Facts-on-Fluids-How-to-Stay-Hydrated.aspx)



**Speaker Notes:**

It is morning snack time and a classmate's parents brought berry muffins for everyone.

- Ava: "I feel better having a snack"
- Ian: "This muffin is delicious!"



**Speaker Notes:**

**Ask:** How does our body tell us when we are full?

**Sample answers:**

- Your tummy feels good and you feel more energized
- Feeling calm
- Not as interested in your food
- If we eat more than our tummy needs and become very full, sometimes it can make us have a tummy ache, feel tired or not wanting to move very much.
- Our body feels good when we listen to it and try to eat when we are feeling hungry and stop when we are feeling full. However, it is normal to have times when we feel very hungry or very full. How much we eat can change daily. We try our best to listen to our body.

**Reference**

- Alberta Health Services. Hunger and fullness signal [handout] 2021. Available from: [www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hunger-and-fullness-signals.pdf](http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hunger-and-fullness-signals.pdf)



**Speaker Notes:**

**Ask:** Are there things that may make us hungrier in our day?

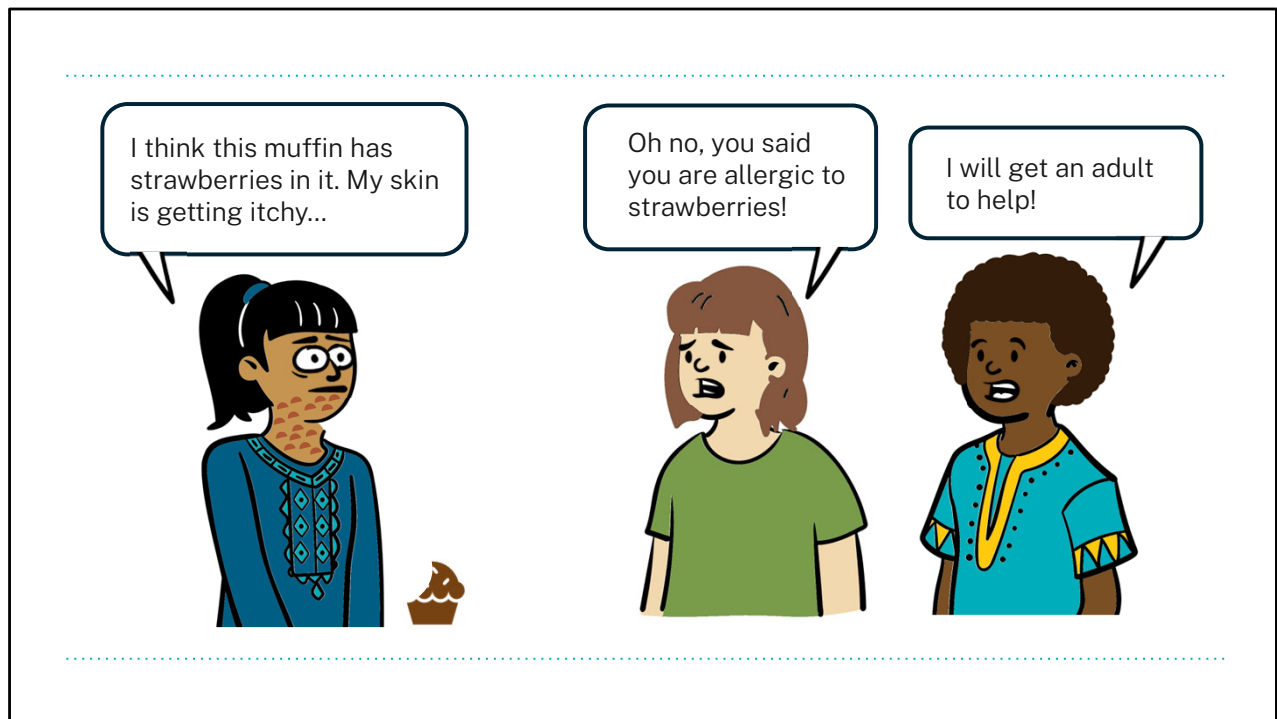
**Sample answers:**

How hungry we are can change daily and there are many things that can make us more or less hungry.

- How active we are:
  - When we are more active, our body needs more food and you may be hungrier.
  - Days that you are less active, you may not be as hungry.
- Seeing and smelling food can make us hungry.
- If we are bored and our brain is not busy, we may feel hungrier.
- If we do not get enough sleep, we may feel hungrier.

**References:**

- Health Canada. Canada's food guide: hunger cues. 2020 Oct 14. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/hunger-cues/>
- Liu, S et al. Sleep deprivation and central appetite regulation. 2022 Dec 7. Nutrients. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9783730/pdf/nutrients-14-05196.pdf>



**Speaker Notes:**

- Priyanka: "I think this muffin has strawberries in it. My skin is getting itchy..."
- Ava: "Oh no, you said you are allergic to strawberries."
- Ian: "I will get an adult for help"



**Speaker Notes:**

**Ask:** What happens when someone has an allergic reaction to food?

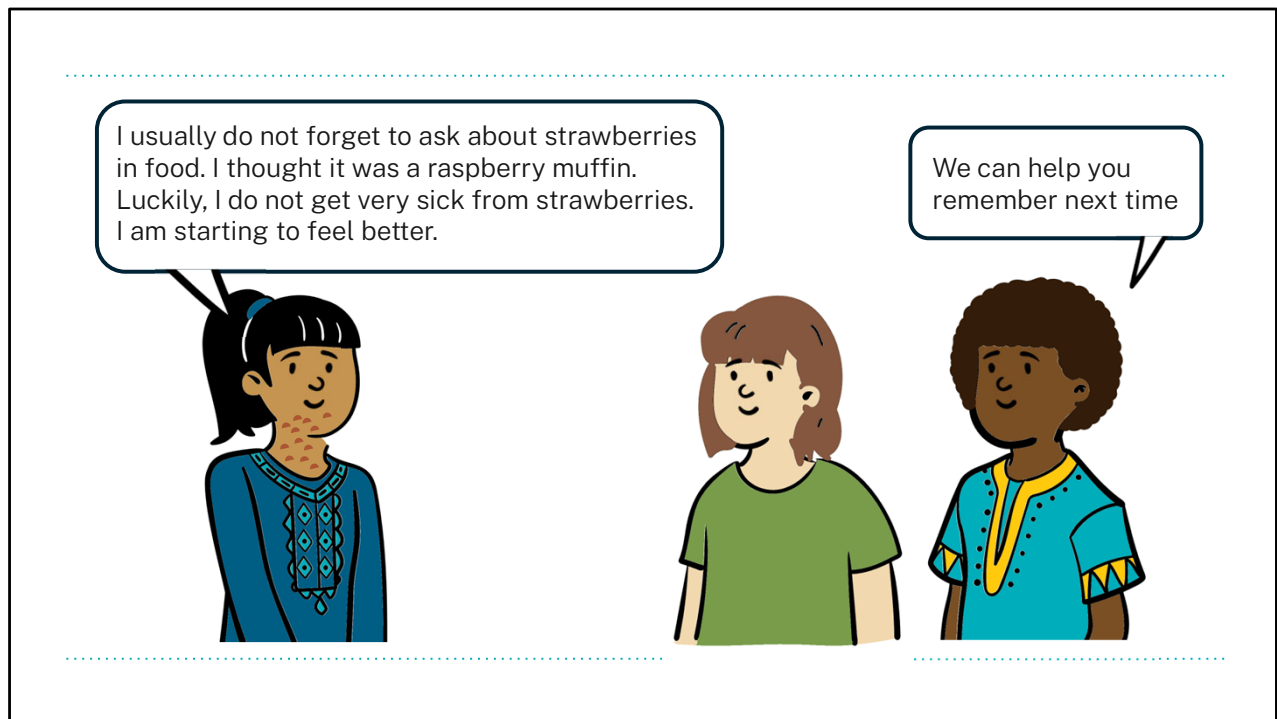
**Sample answers:**

If someone has a food allergy, it means that their body thinks certain foods are trying to harm them. The body fights back and starts an allergic reaction. An allergic reaction can be:

- Mild. Examples of symptoms include tingly lips, a stuffy nose, feeling dizzy, and some hives (similar to a mosquito bite).
- Severe. Examples of symptoms include vomiting, fainting, or anaphylaxis which is swelling in the throat and trouble breathing. Severe allergic reactions can be dangerous, so they always need to be treated quickly.
- A person might use medicine or an epi-pen to treat their reaction. A person might need to go to the hospital for help.
- Ask an adult for help if you see someone having an allergic reaction, even if it is mild.

**References**

- My Health Alberta. Food allergies: condition basics. 2023 Sept 25. Available from: <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=te7016>



**Speaker Notes:**

Priyanka: "I usually do not forget to ask about strawberries in food. I thought it was a raspberry muffin. Luckily, I do not get very sick from strawberries. I am starting to feel better."

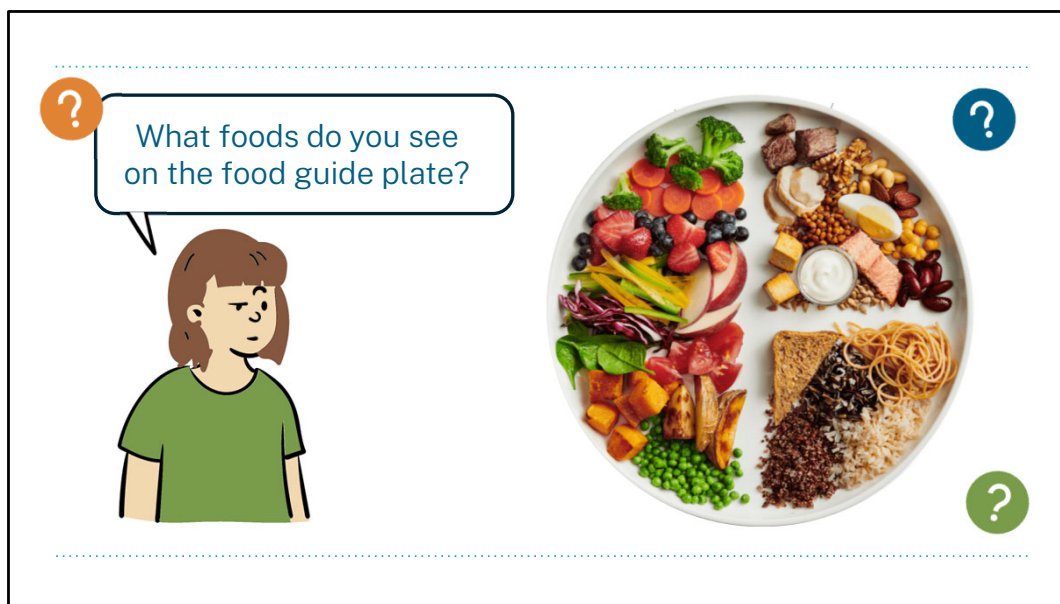
Ian: "We can help you remember next time."

**Speaker Notes:**

- Ian: "Our teacher showed us Canada's food guide today"
- Ava: "It looks like eating lots of different foods will help keep us healthy."

**Canada's food guide**

- In Canada, we have something called Canada's food guide. It was created by people that study food and how it works in our body.
- Canada's food guide shows us that there are different types of foods our body needs to work well and feel good.



### Speaker Notes:

**Ask:** What foods do you see on the food guide plate?

### Sample answers:

- Vegetables and fruits: tomato, carrots, bananas, peas, mango, broccoli, berries, apple, etc.
- Protein foods: chicken, eggs, beans, fish, nuts, milk, yogurt, etc.
- Whole grains: rice, bread, pasta, oats, bulger

*Note: Functions of each group of food will be taught and reviewed in older grades.*

### Canada's food guide

- Canada's food guide shows us that our body needs vegetables, fruits, protein foods and grains. The plate does not show all the foods available to eat but gives some examples.
- Key message: We need to eat many different types of food to get what our body needs to grow, work well and feel good.

**Ask:** Who would like to share their favourite vegetable or fruit?

- Answers will vary

**Ask:** Who would like to share their favourite meal?

Answers will vary

Key message: notice that we all do not have the exact same favourite food.

### References

- Health Canada. Canada's food guide: make healthy meals with Canada's food guide plate. 2024 Dec 5. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

**Speaker Notes:**

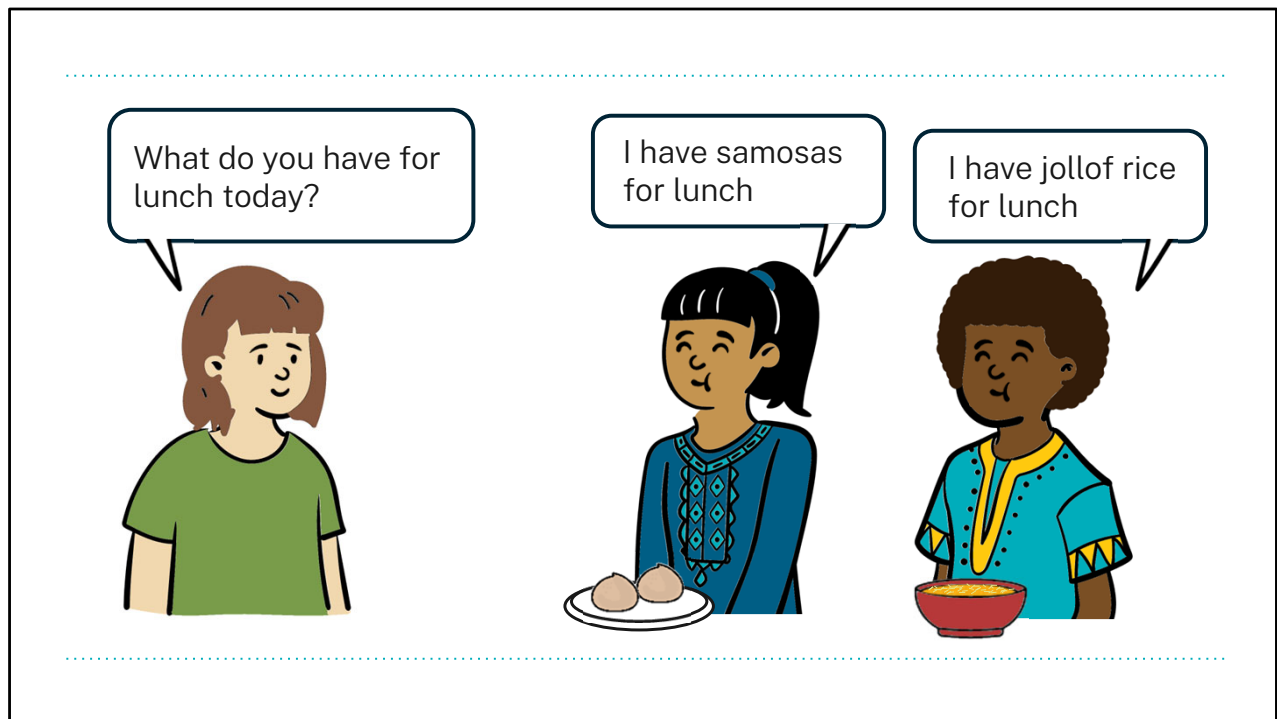
**Ask:** Why do we all enjoy eating different foods?

- Answers may vary

**Food preferences**

We all have different food preferences. A food preference is how much a person may like or dislike a food. Our food preferences are unique to us. There are many things that may influence our food preference. Some examples:

- Taste of a food
- The texture of a food (how it feels in our mouth)
- Culture and family traditions – what types of food our family eats
- Food available where we live. The types of food your family buys depends on what is available at the places they buy food. The types of food available for example in a city may be a bit different than a rural place in Alberta.
- Sometimes the foods we avoid are not because of our food preference. It may be because our body does not respond well to a food. For example:
  - Allergies
  - Illnesses



**Speaker Notes:**

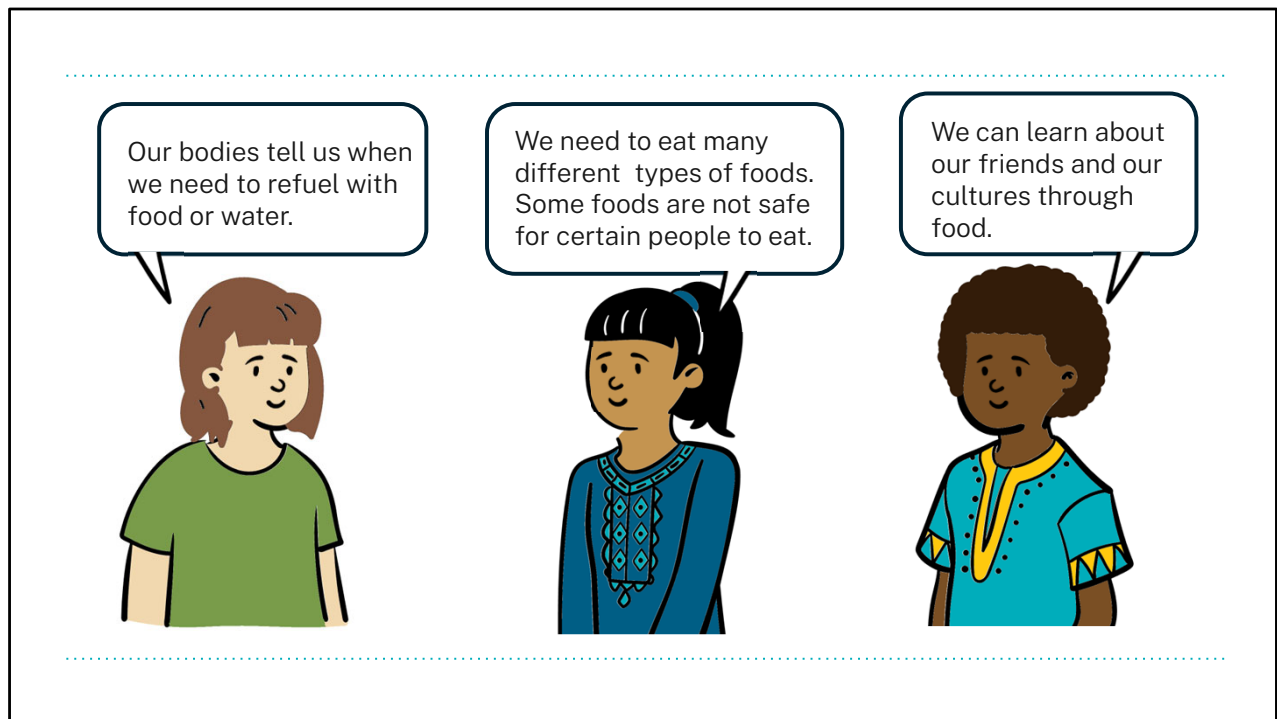
- Ava: "What do you have for lunch today?"
- Priyanka: "I have samosas for lunch"
- Ian: "I have jollof rice for lunch"
- **Samosas:** A baked or fried pastry filled with spices, potatoes, vegetables, and/or meat. Common in South Asia, West Asia, Central Asia, and East Africa.
- **Jollof rice:** A dish made of rice, tomatoes, peppers, spices and onions. Common in West Africa.



**Speaker Notes:**

**Ask:** Are there any special foods your family eats together for holidays or special occasions (food traditions)?

**Sample answers:** Student answers may vary.



### Speaker Notes:

Let's review what we learned today:

- Ava: "Our bodies tell us when we need to refuel with food or water."
- Priyanka: "We need to eat many different types of foods. Some foods are not safe for certain people to eat."
  - We eat many different foods, due to our preferences, health concerns, and family traditions. Some foods are not safe for certain people to eat, because of an allergy.
- Ian: "We can learn about our friends and our cultures through food."
- **Activity:** To further explore cultural foods, refer to the Guide for Educators for Lesson Two.