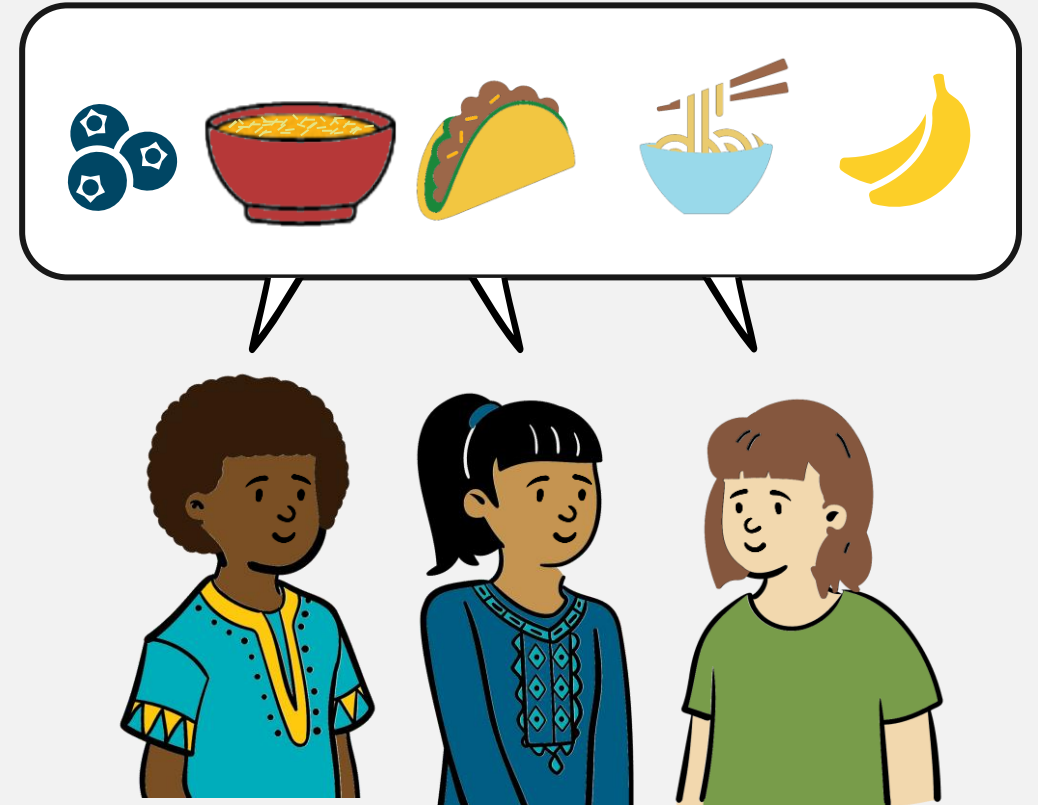


# Grade 2: My Friends' Food Choices



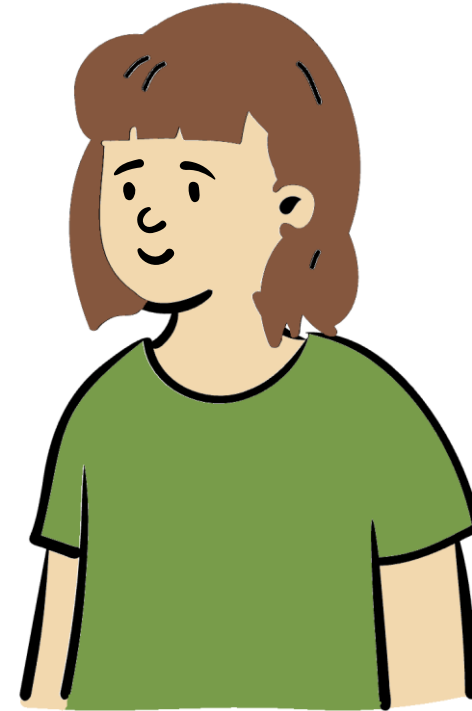
Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab  
at the University of Calgary's Werklund School of Education – April 2025



Ian



Priyanka



Ava

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What is that rumbling sound?



Whoa! That is coming from my stomach. I must be hungry.

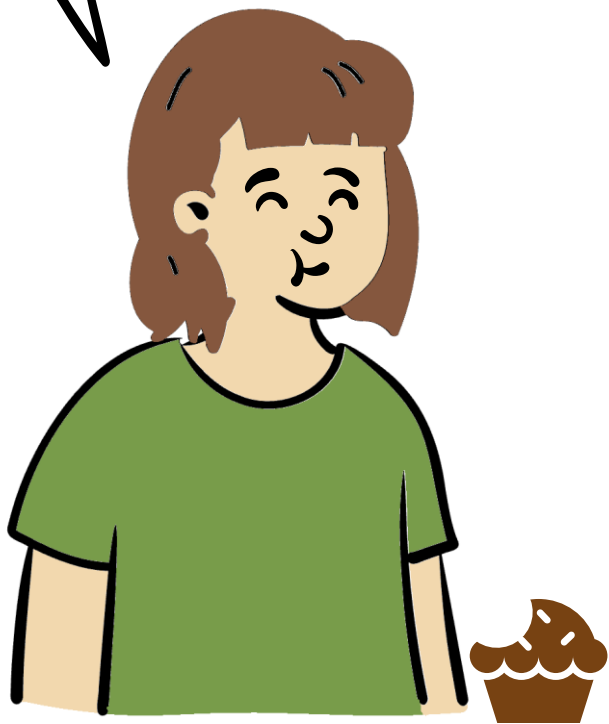




How does our  
body tell us when  
we are hungry or  
thirsty?

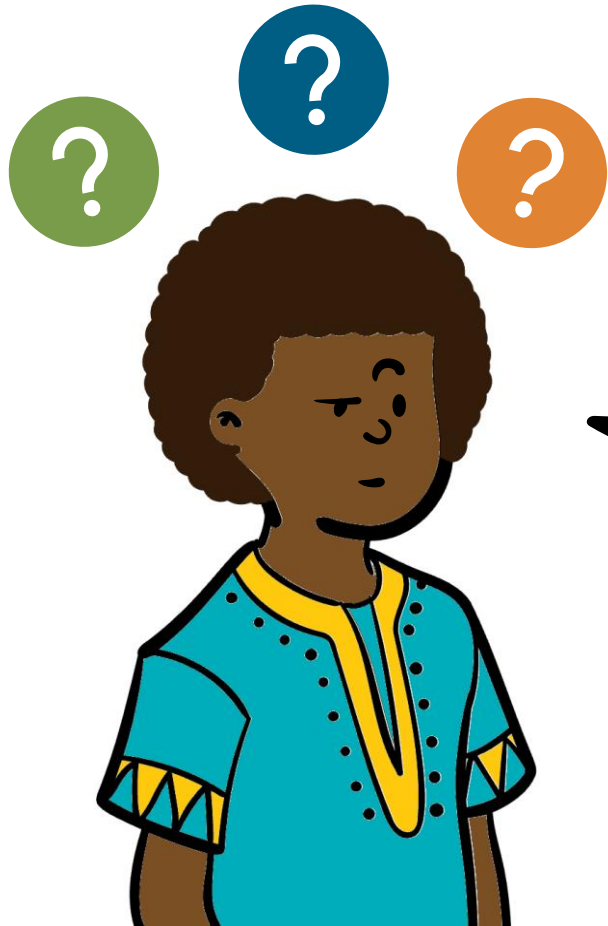
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I feel better having a snack.



This muffin is delicious!





How does our  
body tell us when  
we are full?

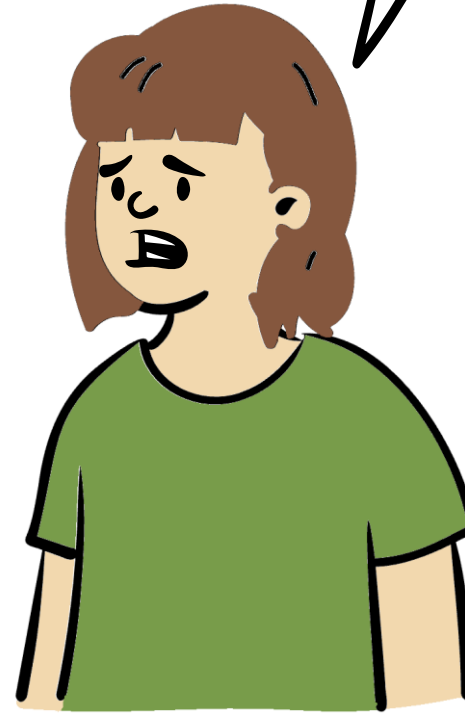


What things can  
make us more  
hungry or less  
hungry?

I think this muffin has strawberries in it. My skin is getting itchy...



Oh no, you said you are allergic to strawberries!



I will get an adult to help!





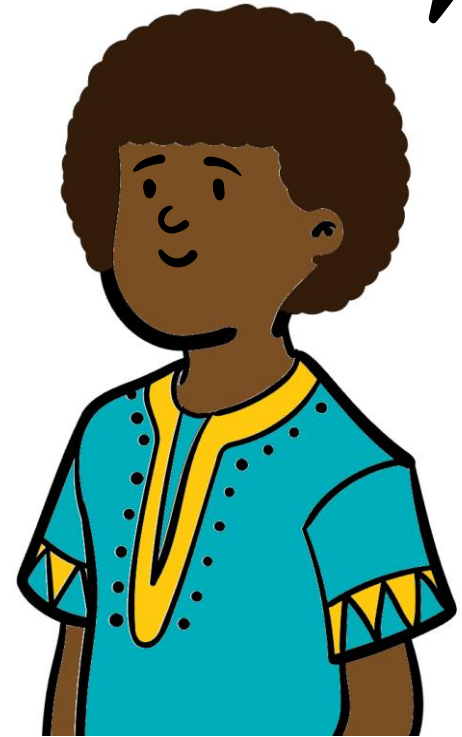
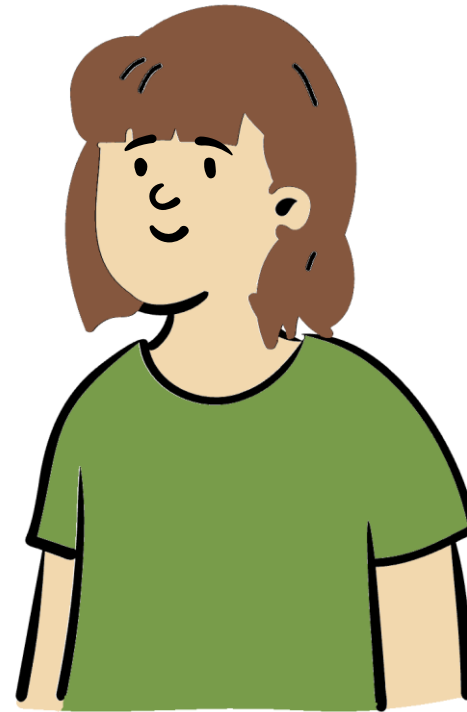


What happens  
when someone  
has an allergic  
reaction to food?

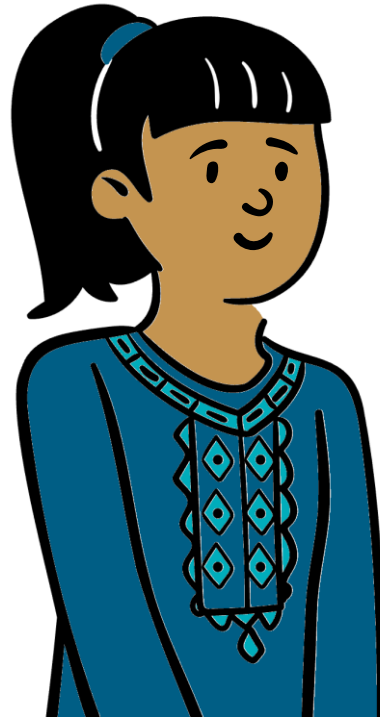
I usually do not forget to ask about strawberries in food. I thought it was a raspberry muffin. Luckily, I do not get very sick from strawberries. I am starting to feel better.



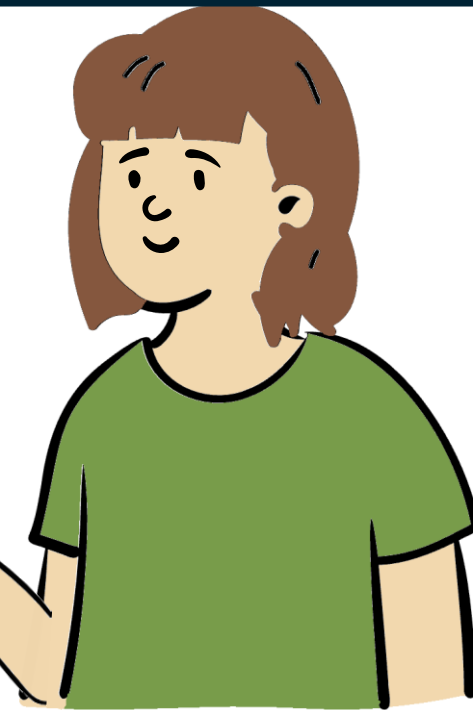
We can help you remember next time



Our teacher showed us  
Canada's food guide today.

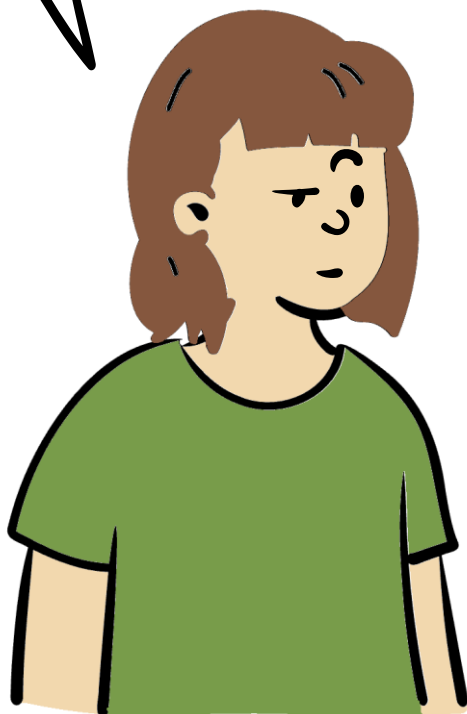


It looks like eating lots  
of different foods will  
help keep us healthy.



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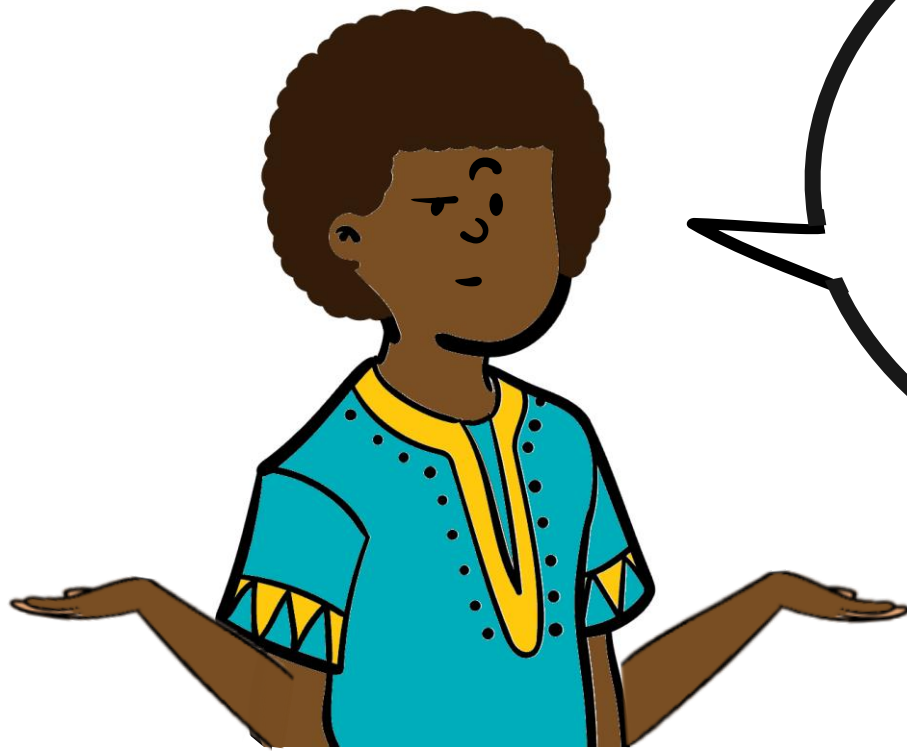
What foods do you see  
on the food guide plate?



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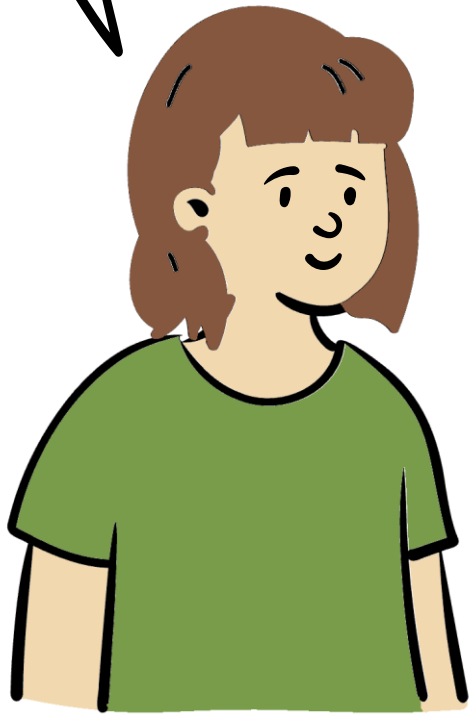


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Why do we all  
enjoy eating  
different foods?

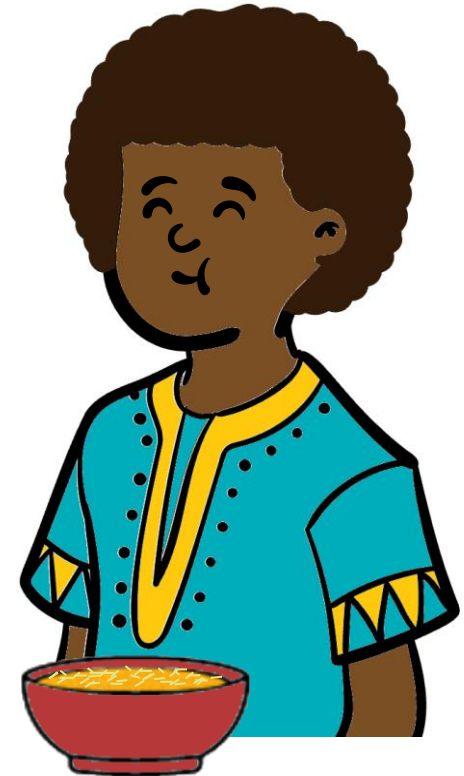
What do you have for lunch today?



I have samosas for lunch



I have jollof rice for lunch



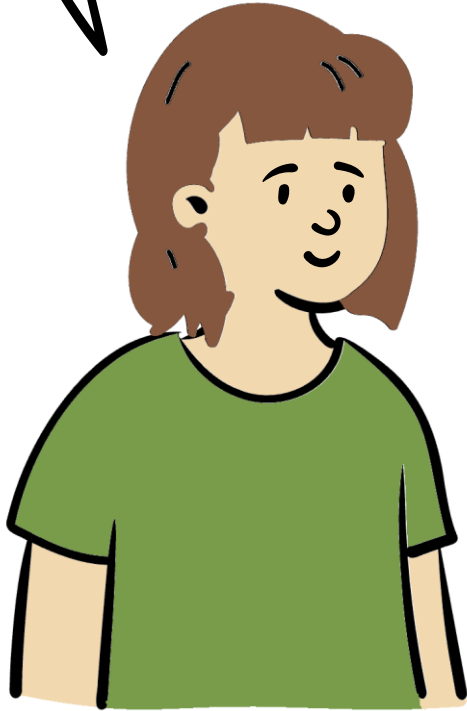


What food traditions do you have in your family?



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Our bodies tell us when we need to refuel with food or water.



We need to eat many different types of foods. Some foods are not safe for certain people to eat.



We can learn about our friends and our cultures through food.

