

Grade 4: Fueling Your Body



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

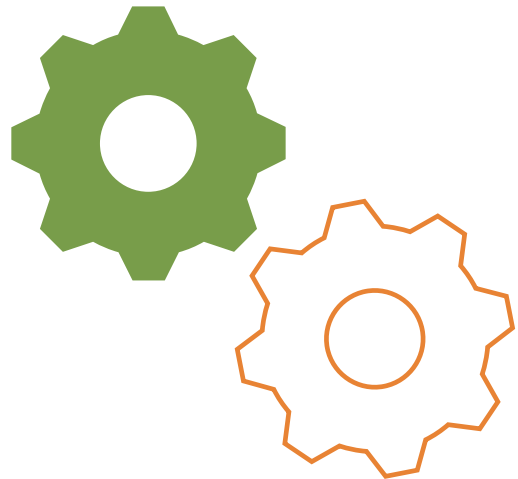
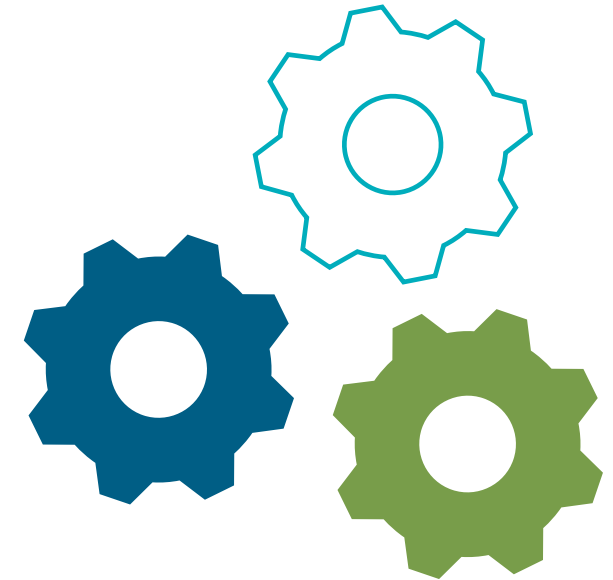
Canada's food guide

Have plenty of
vegetables and fruits

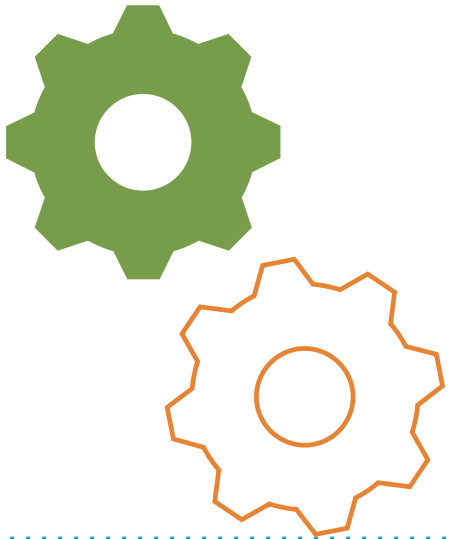
Eat protein foods

Make water
your drink
of choice

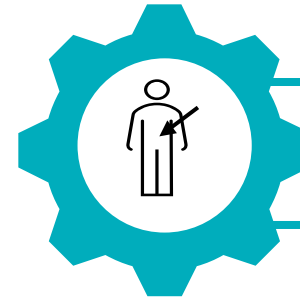
Choose
whole grain
foods



**Have plenty of
vegetables and fruits**



Have plenty of
vegetables and fruits



Fibre



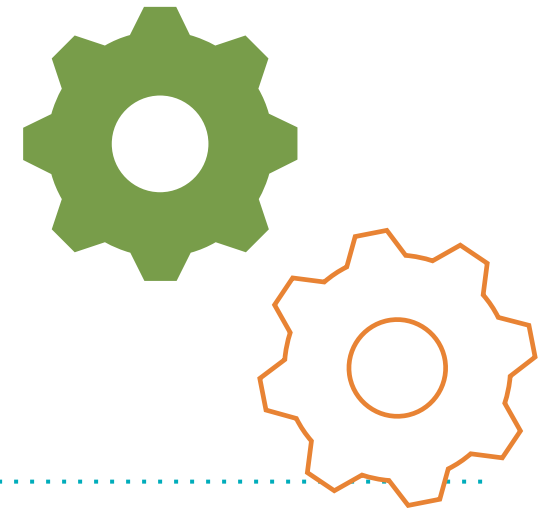
Vitamins & Minerals

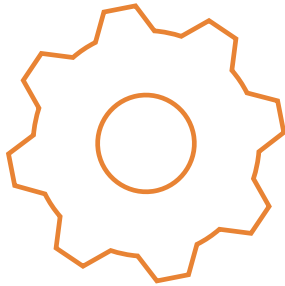
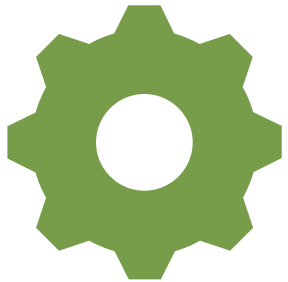
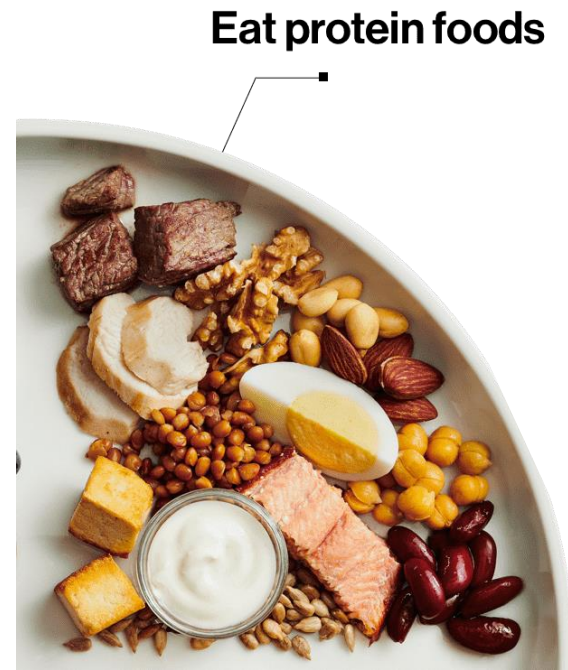


Eat protein foods

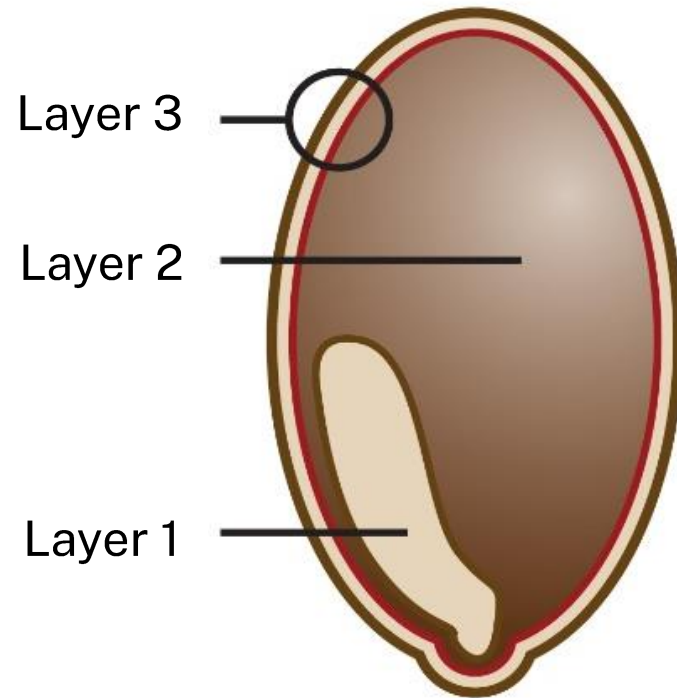
Plant foods

Animal foods





Grain Example



**Choose
whole grain
foods**

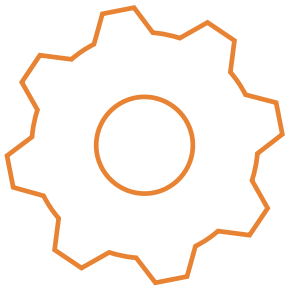
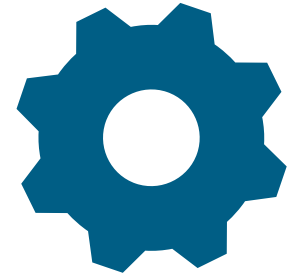
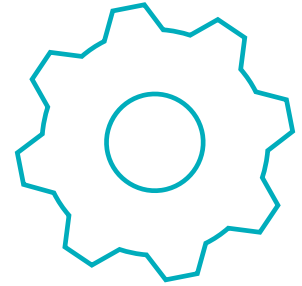
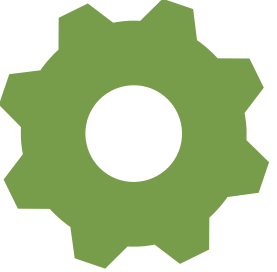


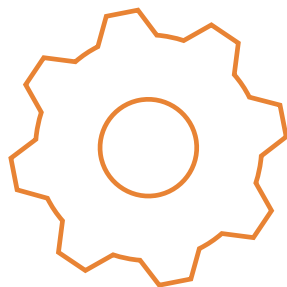


Carbohydrates



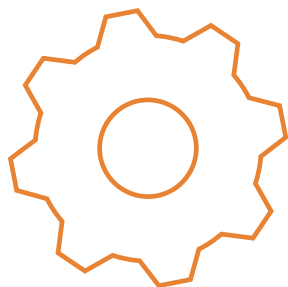
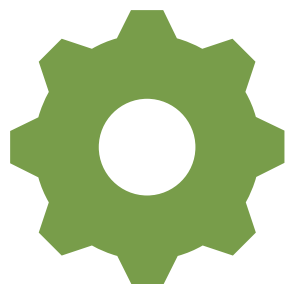
**Choose
whole grain
foods**



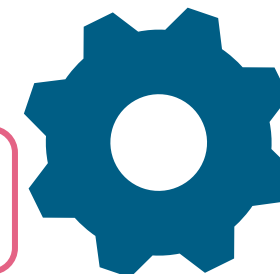
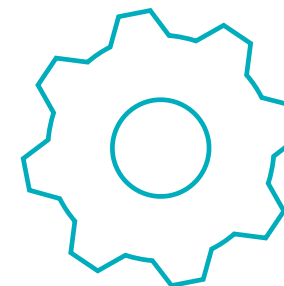


**Make water
your drink
of choice**





**Make water
your drink
of choice**



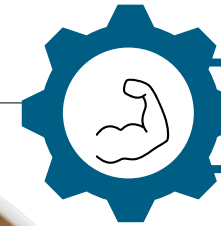
Hydration



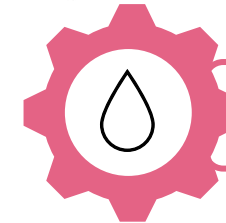
Fibre



Vitamins & Minerals



Protein



Hydration



Carbohydrates

Nutrient Charades

Act out the function of each nutrient when it appears on screen.



Fibre



Good for digestion



Vitamins & Minerals



Support Brain and Body



Protein



Strengthen Muscles



Carbohydrates



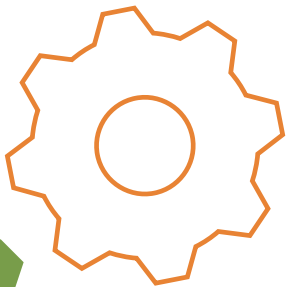
Provide Energy

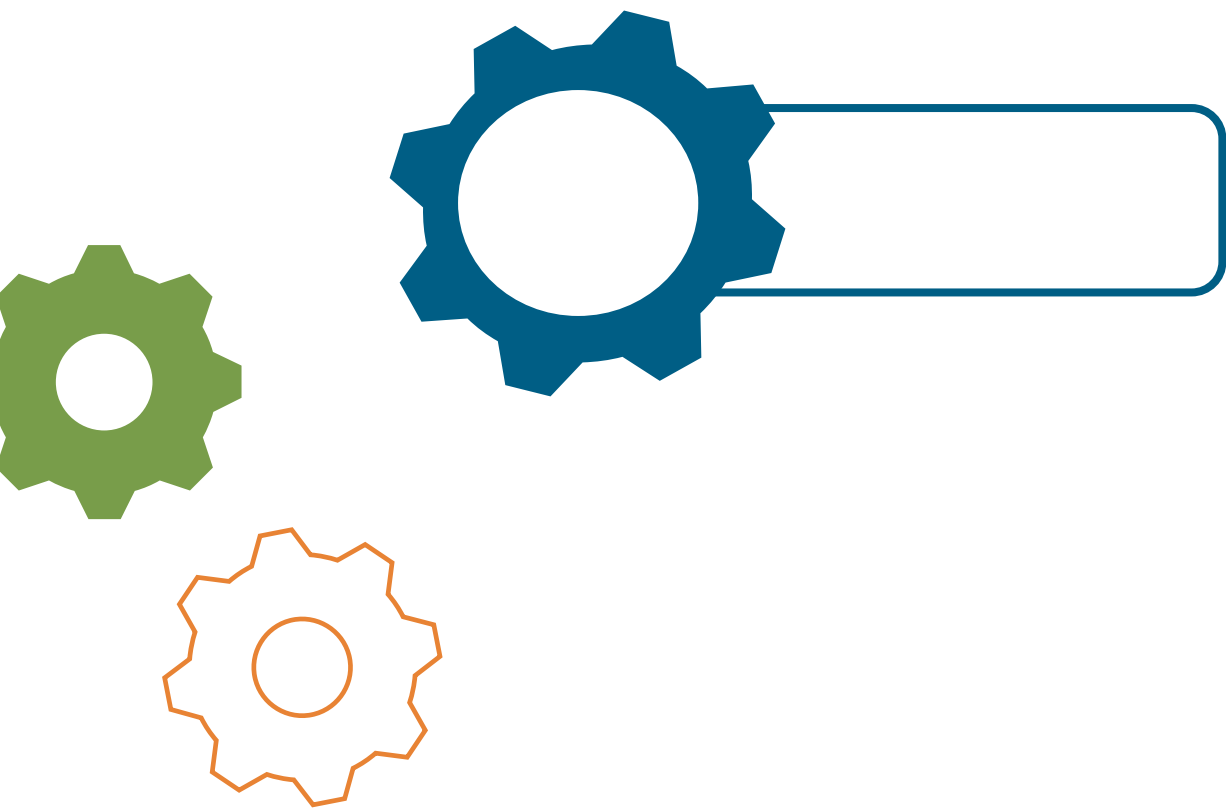
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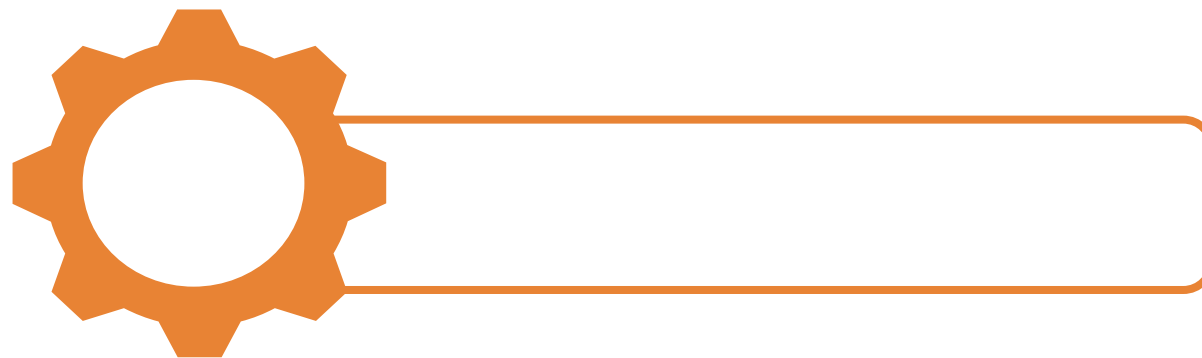
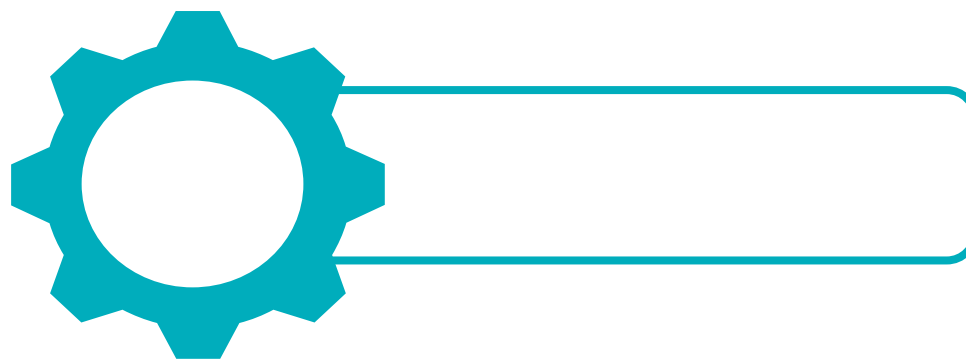
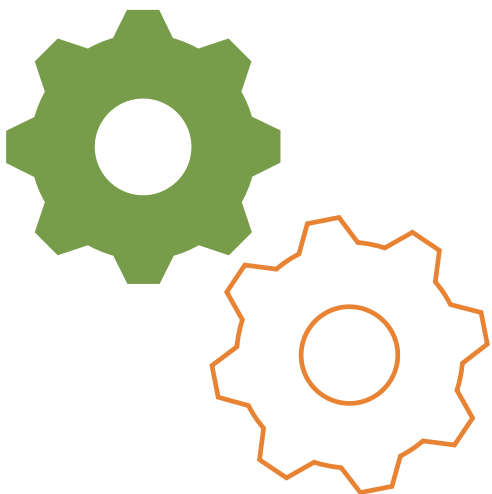


A large blue gear is connected to a white rounded rectangle containing the word "Protein". To its left are a green gear and an orange gear. Below the green gear is an orange gear outline.

Protein









Fibre

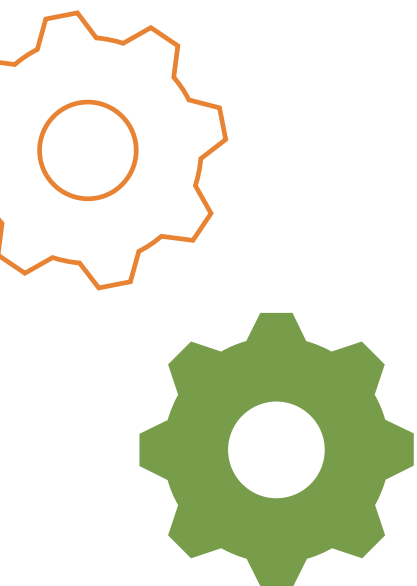
Vitamins & Minerals

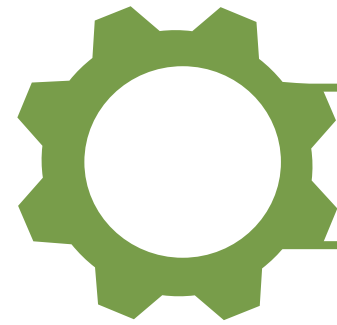


Fibre

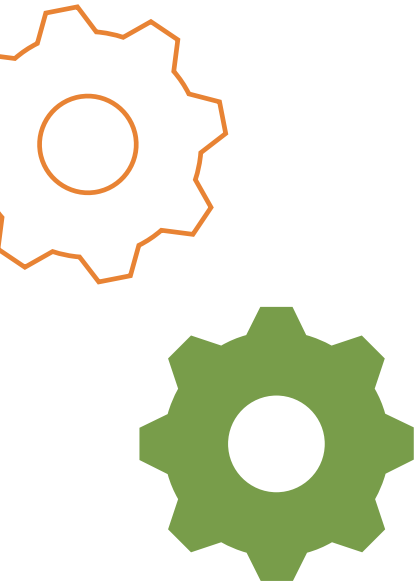


Vitamins & Minerals



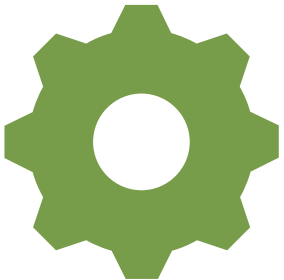
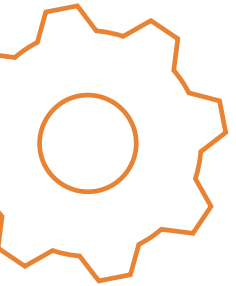


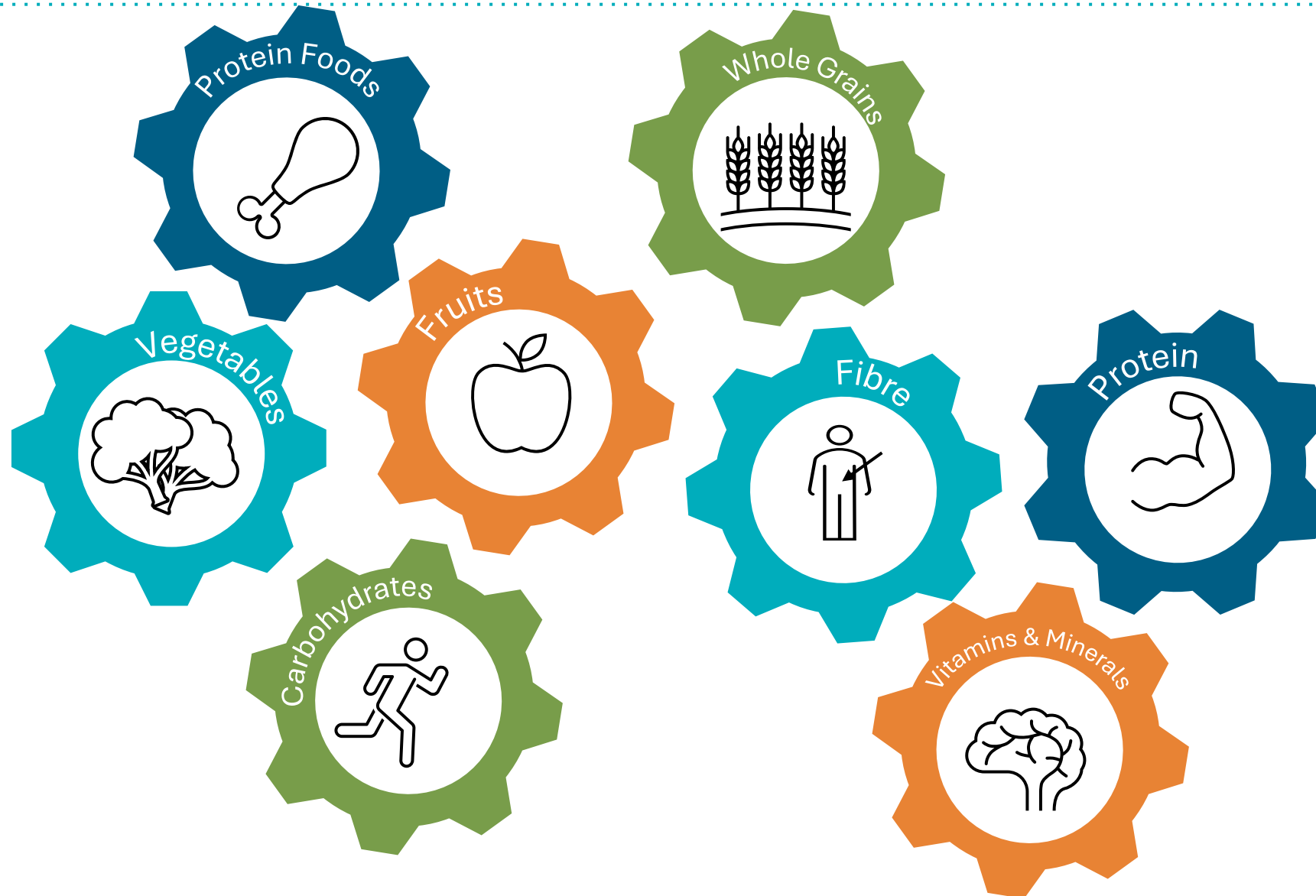
Carbohydrates





Carbohydrates





The image features a central white rectangular box with rounded corners and a teal border, containing the text "Is healthy eating only about nutrients?". This box is surrounded by several interlocking gears of various colors: teal, orange, green, and dark blue. Some gears are solid colors, while others are outlines. The gears are arranged in a way that suggests a complex system or mechanism. The entire graphic is set against a white background with horizontal dotted teal lines at the top and bottom.

Is healthy eating only about nutrients?



Food provides more benefits than just nutrients!

Beyond the Nutrients

1. Divide into groups of 3 or 4 students.
2. Find your conversation card station.
3. Discuss your answers to the questions on the card.
4. When time is up, rotate to the next card station.

What
flavours do
you like to
eat?

Who do you
eat your
meals with?

What is a
food that
you love the
smell of?

