

**Audience:** Students in grade 5

**Length:** 40 – 60 minutes

**By the end of this presentation, students will be able to:**

- Identify the three groups of food found on Canada's food guide.
- Understand how vegetables and fruits, whole grain foods, and protein foods contribute to overall health.
- Build balanced meals and snacks using the Canada's food guide plate.

**Teaching considerations:**

- Avoid discussions or activities where students assess their own lunches or snacks to be mindful of differing access to food and that most students do not have control over what food is purchased for their home.
- When teaching students about vegetables and fruits, protein foods and whole grain foods it is important to consider what foods students have available to them. When students are coming up with ideas for foods within an activity, encourage them to list a variety of the foods they enjoy and can obtain. This may include different forms of vegetables and fruits (fresh, frozen, canned), different types of protein foods (animal based and plant based) and a variety of different grains (including non-whole grain options). More details are on the following slides.
- Not all foods that we eat are pictured on Canada's food guide snapshot. Some of these items, like herbs and spices, add flavour and seasoning. During classroom education your students may provide examples of other foods they enjoy, including highly processed foods. You can help refocus the conversation in a neutral way by using some of the example phrasing here: <https://food-guide.canada.ca/en/toolkit-educators/supportive-environment/#section-3>
- For a PowerPoint version of this presentation, please contact: [publichealth.nutrition@ahs.ca](mailto:publichealth.nutrition@ahs.ca)

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## The Plan



### Speaker Notes:

Today we will:

- start by learning about balanced eating
- play the Balanced Bites Nutrition Quiz game
- finish with a summary of what we've learned

## What is balanced eating?

Include a variety of:

- Vegetables and fruits
- Whole grain foods
- Protein foods
- Water



[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

### Speaker Notes:

Knowledge check: Who has seen this plate before? What do you know about this plate already?

- Canada's food guide shows a balanced plate called the "Canada's food guide plate" (the picture on the slide).
- It includes vegetables and fruits, whole grain foods, and protein foods. It's important to eat different types of food so our bodies can get different nutrients to grow, be strong and feel our best.

**Question:** What do you notice about the plate?

**Answer:**

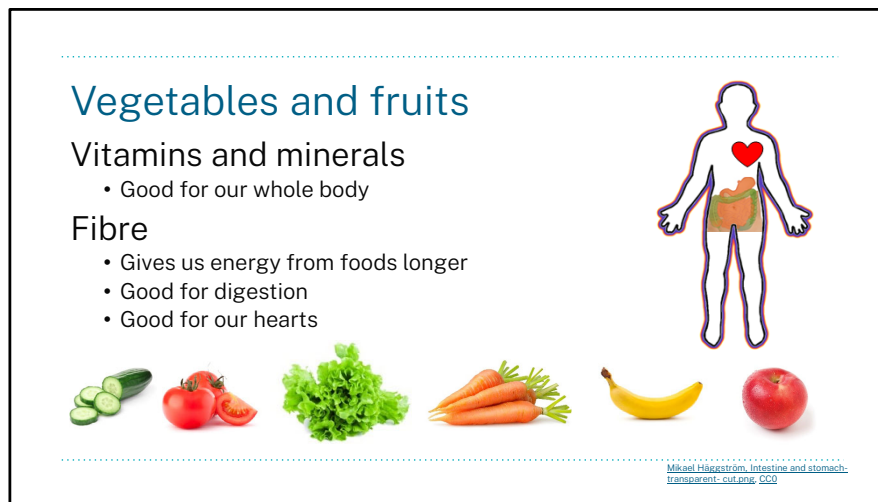
- Vegetables and fruits is the biggest part of the Canada's food guide plate taking up  $\frac{1}{2}$  of the plate. It represents the foods we need to eat the most of each day.
- Whole grain foods (quarter of the plate) includes foods like brown bread or brown rice.
- Protein foods (quarter of the plate) includes foods from both plants (e.g. beans, tofu) and animals (e.g. meats, fish, milk, and yogurt).
- Canada's food guide plate tells us that we need to eat different types of food in different proportions. It also tells us to make water our drink of choice most often.

### Background Information:

- Recommend students aim to have a variety of foods throughout the day. Students don't need to eat all these different foods at one time.

### References:

Health Canada. Canada's Dietary Guidelines for Health Professionals and Policy Makers. January 2019. Available from: <https://food-guide.canada.ca/sites/default/files/artifact-pdf/CDG-EN-2018.pdf>



### Speaker Notes:

Vegetables and fruits make up ½ of the Canada's food guide plate.

### Why is it important to eat vegetables and fruits?

- Vitamins and minerals help our body work properly and make us feel good. Our body does not make vitamins and minerals, so we need to get them from vegetables and fruits.
- Try to eat lots of different vegetables and fruits everyday. Fresh, frozen, and canned vegetables and fruits can all be great choices.
- Vegetables and fruits have fibre:
  - Fibre slows down our digestion (breaking down of food) and gives us energy from the foods for a longer time
  - Fibre helps us to go to the bathroom to remove the waste from our body (regular bowl movements).
  - Fibre is good for our heart.

**Question:** What are some examples of vegetables and fruits?

**Sample Answers:** carrots, cucumber, bok choy, apples, berries, bananas, papaya, etc.

**Question:** Is drinking juice the same as eating vegetables and fruit?

**Answer:** No. Juice is just the liquid part of the fruit or vegetable, without most of the fibre. We know that fibre supports our body, so it is best to eat whole vegetables or fruits instead.

### References:

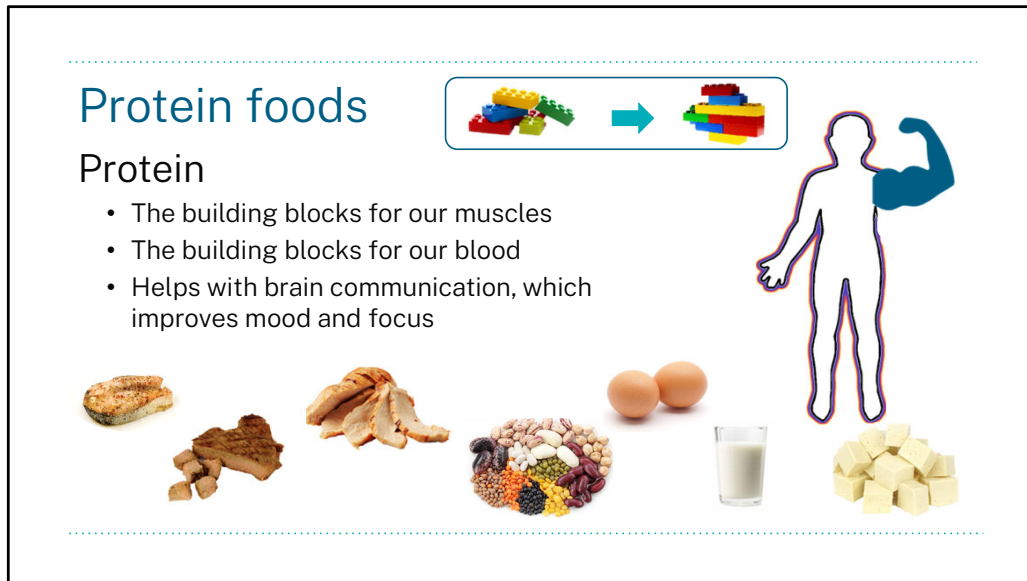
Dietitians of Canada. Unlock food: Focus on fibre. October 31, 2018. Available from:

<https://www.unlockfood.ca/en/Articles/Fibre/Focus-on-Fibre.aspx>

Health Canada. Eat vegetables and fruit. September 22, 2023. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

### Image source:

[https://commons.wikimedia.org/wiki/File:Intestine\\_and\\_stomach\\_-\\_transparent\\_-\\_cut.png](https://commons.wikimedia.org/wiki/File:Intestine_and_stomach_-_transparent_-_cut.png)



### Speaker Notes:

- Protein foods make up  $\frac{1}{4}$  of the Canada's food guide plate.
- Protein is needed for growing and healing muscles, skin, nails, and hair.
- Our body also uses protein to keep our immune system strong. Our immune system fights off germs that can make us sick.
- Protein foods also help our brain talk to other systems in the body. Eating enough protein foods helps our mood and ability to focus.
- Fish, nuts, and seeds are protein foods that have types of fat that are good for our heart and help our blood move around our body with ease.

**Question:** What are some examples of protein foods?

### Sample Answers:

- Meat (like beef, pork, lamb), chicken, turkey, eggs, seafood (like fish and shrimp)
- Beans (such as kidney beans, black beans), lentils, tofu, seeds, nuts and nut butters (like peanut butter)
- Milk, soy milk, yogurt, cheese

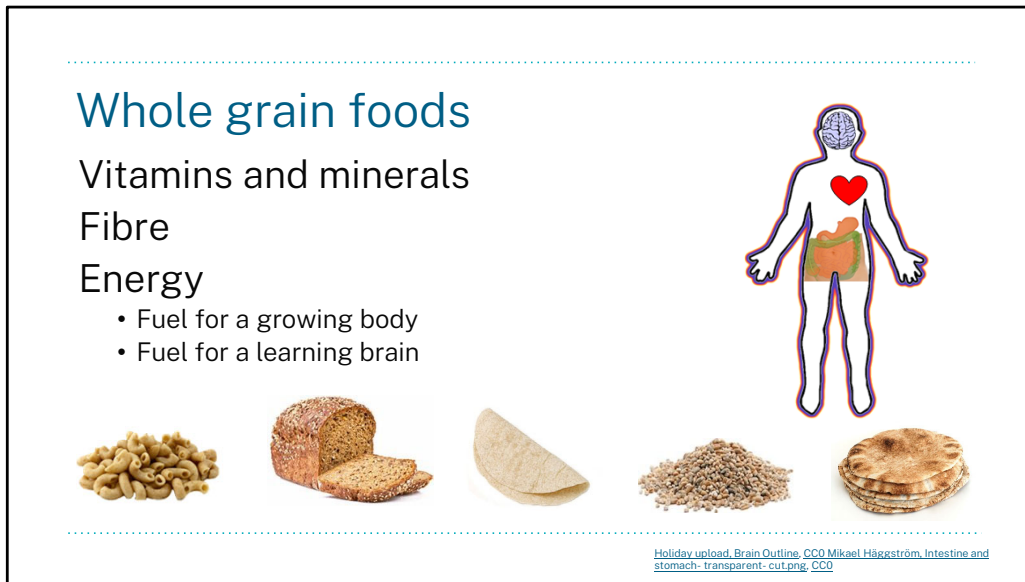
### References:

Alberta Health Services. Nutrition and mental health: common practice questions. June 2024. Available from: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-pocr-nutrition-mental-health-common-questions.pdf>

Dietitians of Canada. Unlock food: Introduction to protein and high protein foods. February 26, 2025. Available from: <https://www.unlockfood.ca/en/Articles/Protein/Introduction-To-Protein-And-High-Protein-Foods.aspx>

Health Canada. Canada's Dietary Guidelines for Health Professionals and Policy Makers. January 2019. Available from: <https://food-guide.canada.ca/sites/default/files/artifact-pdf/CDG-EN-2018.pdf>

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>



### Speaker Notes:

- Whole grains foods make up the other ¼ of Canada's food guide plate.
- Grain foods are mainly made of carbohydrates, which is the body's favourite source of energy. The brain especially likes the energy it gets from grain products. This energy helps with memory, attention, and mood.
- Whole grain foods are a good source of fibre, which keep our hearts healthy and strong.
- Whole grain foods like whole grain bread and whole grain pasta still have all of the layers of the grain (the whole grain) that give us nutrients like fibre, vitamins, and minerals. These layers, and the fibre and nutrients they carry, are removed in different amounts when making whole wheat and refined (white) grain products. Although non-whole grain foods don't have as much fibre, they still give your body energy and nutrients.
- Some other examples of whole grains include oatmeal, brown rice, wild rice, whole barley, millet, quinoa and spelt.

### References:

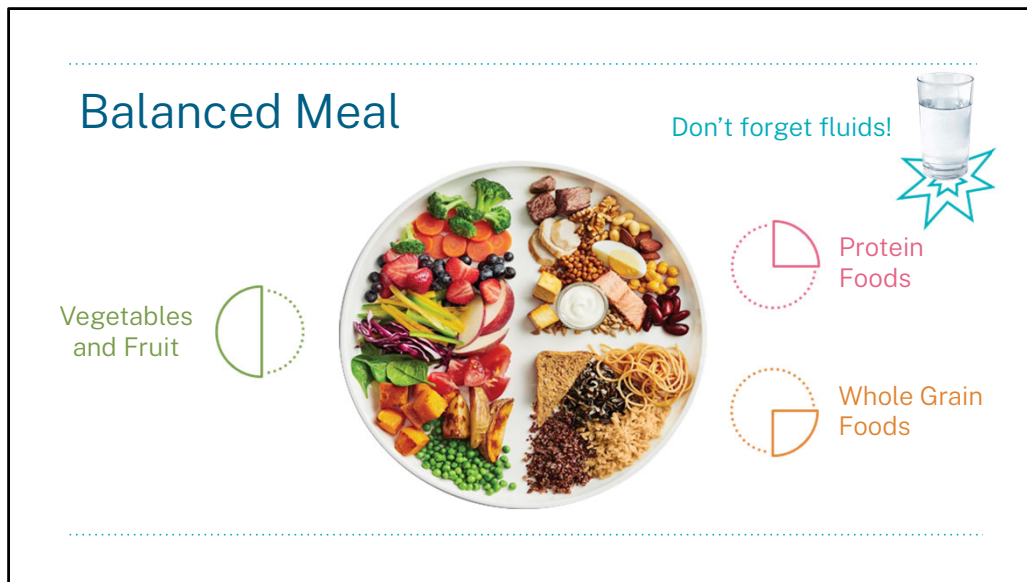
Alberta Health Services. Nutrition and mental health: common practice questions. June 2024. Available from: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-pocr-nutrition-mental-health-common-questions.pdf>

Dietitians of Canada. Unlock food: All about whole grains. February 24, 2023. Available from: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Grain-Products/All-About-Whole-Grains.aspx>

Health Canada. Eat whole grain foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

### Image sources:

[https://commons.wikimedia.org/wiki/File:Intestine\\_and\\_stomach\\_-\\_transparent\\_-\\_cut.png](https://commons.wikimedia.org/wiki/File:Intestine_and_stomach_-_transparent_-_cut.png)  
<https://purepng.com/photo/28398/clipart-brain-outline>



### Speaker Notes:

Eating foods from all sections of Canada's food guide is important for keeping our body healthy and feeling good.

### Balanced Meals:

- Try to have food from all three sections of the Canada's food guide plate throughout the day.
  - We want  $\frac{1}{2}$  our plate or meal to be vegetables and fruit because we need them the most in a day.
  - Like we learned a few minutes ago,  $\frac{1}{4}$  of the plate or meal is protein foods and  $\frac{1}{4}$  of the plate is whole grain foods.
  - For drinks you could have a glass of water or milk (e.g. cow's milk, soy milk, almond milk) with the meal.

### Do we have to eat all of these different foods at every meal?

- Each meal may look a little bit different, but using the plate proportions as a guide will help ensure you get everything your body needs, whether your meal is on plate, in a bowl, packed in your lunch bag, or eaten at a picnic.
- This plate is an example and shows us that there are lots of options we can choose from.
- When we plan ahead of time to ensure that we are grabbing a variety of foods throughout the day (e.g., when packing a lunch or snacks to bring to school), it can help make sure we are getting all of the nutrients we need.

### References:

Health Canada. Make healthy meals with Canada's food guide plate. March 31, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

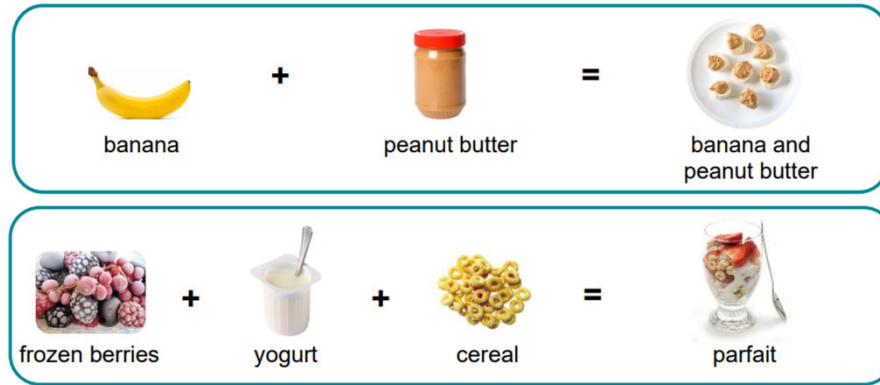
## Balanced meal



### Speaker Notes:

- When thinking about the Canada's food guide plate, many meals that we eat are not divided up perfectly on a plate. For example, you might be eating the food out of a lunch bag on your desk.
- Here is an example you may have at lunch that follows the food guide plate.
  - **Tomato and lettuce in the sandwich:** vegetables
  - **Orange:** fruit
  - **Whole grain bread:** whole grain food
  - **Tuna:** protein food
  - **Milk:** protein food

## Balanced snack



### Speaker Notes:

Balanced snacks that follow Canada's food guide can keep you energized, provide important nutrients, and satisfy your hunger between meals.

### Balanced Snacks:

- Choose a snacks from the variety of foods listed in Canada's food guide.
- You can help prepare your snacks by choosing one or more foods from Canada's food guide. This will depend on what you have available to you at home and how hungry you are.
- The examples on the slide show:
  - Banana (fruit) and peanut butter (protein)
  - Yogurt parfait made with frozen berries (fruit), yogurt (protein), and cereal (whole grain)

### References:

Health Canada. Healthy snacks. March 13, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

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## What's in it for me?

Balanced eating helps me to...

- Grow
- Have energy to play
- Fuel my brain
- Manage my mood
- Help body to stay healthy and fight sickness



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### Speaker Notes:

#### Why is it important to eat balanced meals and snacks?

- It helps us to grow.
- It gives our body and brain the energy to move, play, and learn.
- It can help us manage our mood.
- It can help us to stay healthy and fight sickness.

You can help plan and prepare meals and snacks with Canada's food guide plate in mind to help improve balanced eating!

#### References:

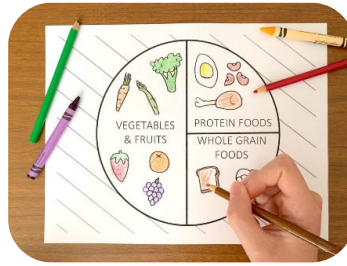
Health Canada. Healthy eating at school. March 13, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>

Health Canada. Healthy snacks. March 13, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

Health Canada. Make healthy meals with Canada's food guide plate. March 31, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

## What's on your plate?

1. Draw your **favourite** vegetables and fruits on  $\frac{1}{2}$  the plate.
2. Draw your **favourite** protein foods on  $\frac{1}{4}$  of the plate.
3. Draw your **favourite** whole grain foods on  $\frac{1}{4}$  of the plate.
4. Describe how these foods can affect your health and wellbeing



### Speaker Notes:

- Distribute the What's On Your Plate Worksheets and provide students 10 minutes to complete it by filling in their favourite foods and describing how it affects their well being (both physical and mental). Sample answers are found on the previous slides.

### Balanced Bites Nutrition Quiz Game

Canada's Food Guide	Meals	Snacks	What's in it for me?
<a href="#">100</a>	<a href="#">100</a>	<a href="#">100</a>	<a href="#">100</a>
<a href="#">200</a>	<a href="#">200</a>	<a href="#">200</a>	<a href="#">200</a>
<a href="#">300</a>	<a href="#">300</a>	<a href="#">300</a>	<a href="#">300</a>
<a href="#">400</a>	<a href="#">400</a>	<a href="#">400</a>	<a href="#">400</a>



#### Speaker Notes:

- Keeping score: Use the interactive white board or printed game template (in the Educator's Guide) and a pen.
- Introduce the game: We are going to play a game, but before we get started, let's go through the rules together.

#### Game Instructions:

1. Ensure the students are divided into groups (5-10 students per group). It will work best to have each team sit together (they can move chairs or desks into small circles).
2. To determine which team will go first, pick a number between 1 and 10 and get each group to guess the number. The team closest will go first, then each team will have their own turn starting with the team to the right of the first team.
3. Each team will take a turn picking a category and number. Explain that the 100 questions are easiest and get harder as the numbers get larger. The 400 questions will be the most difficult to answer.
4. Each team must work together to answer the question. Team members cannot call out the answer until everyone on the team agrees on an answer.
5. Explain that everyone needs to listen carefully to every question because other teams can 'steal' the question if the first team does not answer the question correctly.

#### Playing the Game:

1. Have the first team pick a category and number off the game board. Click on the number on the game board, and it will lead you to the corresponding question. Read the question out loud. If the team cannot answer in around 30 seconds, have the next group try to answer to keep the game moving.
2. If a team gets the question correct, then click to the next slide to reveal the answer. To get back to the game board, click the "back" symbol. Then, the team to their right gets the next turn. Continue clockwise for teams to take turns.
3. If a team answers the question incorrectly, another team can 'steal' the question. Provide each team with the opportunity to answer the question starting with the team to the right of them until a team gets the answer. The points go to the team that gets the answer correct. Then, the next turn will go back to the team to the right of the original team that chose the question.
4. Keep track of each team's score and tally the numbers once the game is finished.
5. The team awarded the most points wins.
6. After the game is complete, click the "stop" symbol on the game board slide. It will close the game and connect to the summary slide.

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## Canada's Food Guide -100

What type of food do we need to eat the most of every day?

Hint: What's the biggest part of the Canada's food guide plate?

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**Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

**Slide Instructions:**

- Click to the next slide for the answer.

# Canada's Food Guide -100

Answer: Vegetables and Fruits



## Speaker Notes:

- Read the answer from the slide.
- Vegetables and fruits are important for our body. Try to have them as part of all your meals and snacks, when it is possible.
- Remember that we want to eat different kinds of vegetables and fruit every day to help us get a variety of nutrients that our body needs be at it's best.

## Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

## References:

Health Canada. Eat Vegetables and Fruit. September 22, 2023. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

## Canada's Food Guide -200

Which bread gives you more fibre?

- a) White bread
- b) Whole grain bread

**Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

**Slide Instructions:**

- Click to the next slide for the answer.

## Canada's Food Guide - 200

Answer:

b) Whole grain bread



### Speaker Notes:

- Read answer from the slide.
- Whole grain bread provides more fibre than plain white bread  
Fibre is the part of plant foods that our body cannot digest or absorb. It helps you to go to the bathroom to remove the waste from your body. It also helps you to feel full.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Dietitians of Canada. Unlock food: All about whole grains. February 24, 2023. Available from: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Grain-Products/All-About-Whole-Grains.aspx>

Health Canada. Eat whole grain foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

## Canada's Food Guide -300

Name 2 protein foods you can drink.

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## Canada's Food Guide -300

### Answer:

- Milk
- Soy milk
- Drinkable yogurt
- Smoothie made with milk, yogurt and fruit



### Speaker Notes:

- Read answers from the slide.
- Milk, soy milk, and yogurt are all examples of protein foods that help build our muscles.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Alberta Health Services. Nutrition Guideline: Healthy Infants and Young Children – Plant-based beverages. May 2023. Available from:

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-ng-healthy-infants-other-milks-fluid-plant-based-beverages.pdf>

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

## Canada's Food Guide -400

Name 2 examples of each:

- Protein foods from animals
- Protein foods from plants

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

# Canada's Food Guide - 400

## Answer:

### Protein foods from animals

- Beef
- Pork
- Fish
- Eggs
- Yogurt



### Protein foods from plants

- Beans
- Tofu
- Nuts
- Soy milk
- Peanut butter



## Speaker Notes:

- Read answers from the slide.
- Any answer that includes 2 foods each from protein foods from animals and protein foods from plants are correct. The slide includes some examples.

**Question:** Does anyone know what tofu is and have you ever tried it before?

**Answer:** Tofu is a type of food made from ground up soybeans or soy milk. It's made in a similar way to how cheese is made from cow's milk. It doesn't have a strong taste on its own, but it can soak up the flavours of whatever you cook it with.

## Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

## References:

Dietitians of Canada. Unlock Food: All About Tofu. May 6, 2022. Available from: <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Everything-You-Need-to-Know-About-Tofu.aspx>

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

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## Meals -100

Which of these drinks are found in Canada's food guide?

- a) Water
- b) Fruit juice
- c) Cow's milk
- d) Soy milk
- e) Pop

Hint: There are **3 correct answers** in this list.

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### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## Meals -100

### Answers:

- a) Water
- c) Cow's milk
- d) Soy milk



### Speaker Notes:

- Read answers from the slide.
- Canada's food guide recommends making water your drink of choice
- Cow's milk and plant milk like soy milk or pea milk are protein foods.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

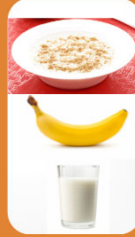
## Meals -200

Which meal matches Canada's food guide plate?

a)



b)



### Speaker Notes:

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

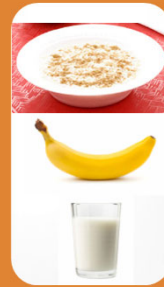
### Slide instructions:

- Click to the next slide for the answer.

## Meals -200

### Answer:

b) Oatmeal and banana with milk



### Speaker Notes:

- Read answer from the slide.
- The oatmeal and banana with milk matches Canada's food guide plate. It has food from each groups of food: oatmeal is from the whole grain foods, banana is a fruit, and milk provides protein and calcium. This choice is more balanced.
- The frozen waffle with water only has a whole grain food. You could make this meal more balanced if you put yogurt and fruit on the waffle. This would then include all 3 groups of food from Canada's food guide.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Make healthy meals with Canada's food guide plate. March 31, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

## Meals -300

For lunch, we're having whole grain pasta and chicken with a glass of milk.

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Comparing it to Canada's food guide, what is missing from our lunch?

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## Meals - 300

Answer:

Vegetables and fruits



### Speaker Notes:

- Read answer from the slide.
- Our lunch example has whole grain foods (whole grain pasta) and protein foods (chicken and milk). Adding vegetables and fruits would make the lunch more balanced.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Make healthy meals with Canada’s food guide plate. March 31, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

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## Meals -400

Alyssa's parent asks what Alyssa would like for dinner.

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Think of a dinner menu for Alyssa's family.

Hint: Use the Canada's food guide plate!

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### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## Meals -400

Use the Canada's food guide plate

Possible answers:

- Curry (vegetables with lentils) with naan + lassi
- Spaghetti with meat sauce + salad + water
- Pita pizza (whole grain pita, vegetables, cheese) + milk



### Speaker Notes:

- Read answers from the slide.
- Any answer that includes the three groups of food from Canada's food guide is correct. The slide includes some example meals.
  - Example 1: Along with vegetables, this meal provides lentils and lassi (a yogurt-based beverage) for protein, and naan provides a source of grain.
  - Example 2: The salad provides vegetables (and maybe fruit!), although with protein from the meat sauce and grains from the spaghetti noodles.
  - Example 3: The vegetables and pizza sauce provide representation from the vegetables and fruits, the cheese and milk provide protein foods, and the whole grain pita is an example of a whole grain food.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Make healthy meals with Canada's food guide plate. March 31, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

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## Snacks -100

True or False?

Eating a balanced snack made with foods from Canada's food guide can help give you energy and nutrients you need to grow

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**Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

**Slide Instructions:**

- Click to the next slide for the answer.

## Snacks -100

Answer:

True.

A balanced snack can help give you energy and nutrients you need to grow.



### **Speaker Notes:**

- Read answer from the slide.

### **Balanced snacks:**

- give energy and other nutrients you need to grow.
- give energy to help you learn in class.
- give energy to help you stay active and play.
- help keep you from feeling hungry between meals.

### **Slide Instructions:**

- Tap or click on the “back” symbol to return to the number board.

### **References:**

Health Canada. Healthy snacks. March 13, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

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## Snacks -200

Which snack could we find in Canada's food guide?

- a) Hummus with veggies
  - b) Yogurt topped with fruits
  - c) An apple
  - d) All of the above
- 

**Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

**Slide Instructions:**

- Click to the next slide for the answer.

## Snacks -200

Answer:

d) All of the above



### Speaker Notes:

- Read answer from the slide.
- Each snack choice has a vegetables or fruit. Hummus and yogurt are protein foods.

**Question:** What types of foods are we missing here from Canada's food guide?

**Answer:** Whole grain foods

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Food guide snapshot. April 4, 2025. Available from: <https://food-guide.canada.ca/en/food-guide-snapshot/>

---

## Snacks -300

If we are hungry for more than an apple, what other food from Canada's food guide can we add to make a balanced snack?



### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## Snacks -300

### Possible answers:

- Add a yogurt dip
- Add some peanuts or nuts
- Add a cup of milk
- Add some crackers and cheese



### Speaker Notes:

- Read answers from the slide.
- **Answers will vary.** Any answer that includes one or more foods from the Canada's food guide plate is correct.

### Teacher Instructions:

If applicable, provide guidance regarding school or classroom policies related to commonly allergenic foods like nuts or peanuts

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Healthy snacks. March 13, 2025. Available from: <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>

## Snacks -400

Name 3 examples of snacks from Canada's food guide.

**Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

**Slide Instructions:**

- Click to the next slide for the answer.

## Snacks -400

### Possible answers:

- Yogurt and fruit
- Vegetables and hummus
- Crackers and cheese
- Homemade popcorn and a glass of milk



### Speaker Notes:

- Read answers from the slide.
- **Answers will vary.** Any answer is correct that includes food from one or more foods from the groups of food in Canada's food guide.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Alberta Health Services. Snacks. October 2023. Available from:  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks.pdf>

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## What's in it for me? -100

Whole grain foods help our body mainly by:

- a) Making our teeth and bones strong
  - b) Giving us energy, especially for our brains
  - c) Making our muscles strong
  - d) Keeping our eyes healthy
- 

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## What's in it for me? -100

Answer:

Whole grain foods help our body by...

- b) Giving us energy, especially for our brains



### Speaker Notes:

- Read answers from the slide.
- Grain products are mostly made from carbohydrates, which gives our body and brain energy to work well.
- Whole grain foods also give us fibre which helps us feeling full for longer, have regular bowel movements, and is good for our heart.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Alberta Health Services. Nutrition and mental health: common practice questions. June 2024. Available from: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-pocr-nutrition-mental-health-common-questions.pdf>

Dietitians of Canada. Unlock food: All about whole grains. February 24, 2023. Available from: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Grain-Products/All-About-Whole-Grains.aspx>

Health Canada. Eat whole grain foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

## What's in it for me? -200

Which foods help build muscles?

- a) Nuts and seeds
- b) Chicken
- c) Lettuce
- d) Apples
- e) Fish

*Hint: There are **3 correct answers** in this list.*

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## What's in it for me? -200

### Answers:

- a) Nuts and seeds
- b) Chicken
- e) Fish



### Speaker Notes:

- Read answers from the slide.
- Nuts and seeds, chicken, and fish are all protein foods that help build our muscles. They also have nutrients that helps keep our blood healthy.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the jeopardy number board.

### References:

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

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## What's in it for me? -300

I am a protein food that can be made into a spread for toast

-----

What am I?

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### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

## What's in it for me? -300

Answer: Nuts and seeds or hummus



### Speaker Notes:

- Read answer from the slide.
- Nuts and seeds are protein foods that can be made into spreads like peanut butter, almond butter, and sunflower seed butter. Chickpeas are protein foods that can be made into a spread called hummus. These can be spread onto toast, or you can have them with vegetables or fruits for a filling snack.

### Teacher Instructions:

If applicable, provide guidance regarding school or classroom policies related to commonly allergenic foods like nuts or peanuts.

### Slide Instructions:

- Tap or click on the “back” symbol to return to the number board.

### References:

Health Canada. Eat protein foods. May 3, 2022. Available from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

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## What's in it for me? -400

I am a nutrient found in chicken, beef, fish, eggs, nuts, beans, milk, and cheese.

You need me to grow and have strong muscles.

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What am I?

---

### **Speaker Notes:**

- Read the question out loud to the class.
- Encourage the team to discuss ideas before sharing.

### **Slide Instructions:**

- Click to the next slide for the answer.

What's in it for me? - 400

Answer: Protein



**Speaker Notes:**

- Read answer from the slide.
- Protein is found in protein foods. Protein is needed for growing and healing muscles, skin, hair and nails. Our body also uses protein to keep our immune system strong. Our immune system fights off germs that can make us sick.

**Slide Instructions:**

- Tap or click on the “back” symbol to return to the number board.

**References:**

Dietitians of Canada. Unlock Food: Introduction to Protein and High Protein Foods. February 26, 2025. Available from: <https://www.unlockfood.ca/en/Articles/Protein/Introduction-To-Protein-And-High-Protein-Foods.aspx>

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## Summary

- Each type of food has a different job in your body.
- Canada's food guide helps your body get everything it needs:
  - Vegetables and fruits
  - Protein foods
  - Whole grain foods
  - Water



### Speaker Notes:

- Now that the game is over, tally up the score for each team and announce the winning team.
- Read key messages on slide.

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Thanks for playing!

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**Speaker Notes:**

**Questions:** Ask if the students have any questions about what they learned today.