

Grade 5: Balanced Bites Nutrition Quiz Game



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

The Plan



What is balanced eating?

Include a variety of:

- Vegetables and fruits
- Whole grain foods
- Protein foods

Make water your drink of choice.

Canada.ca/FoodGuide



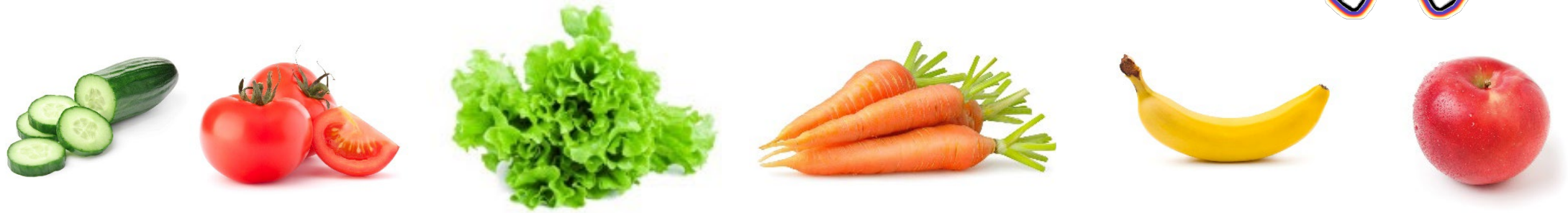
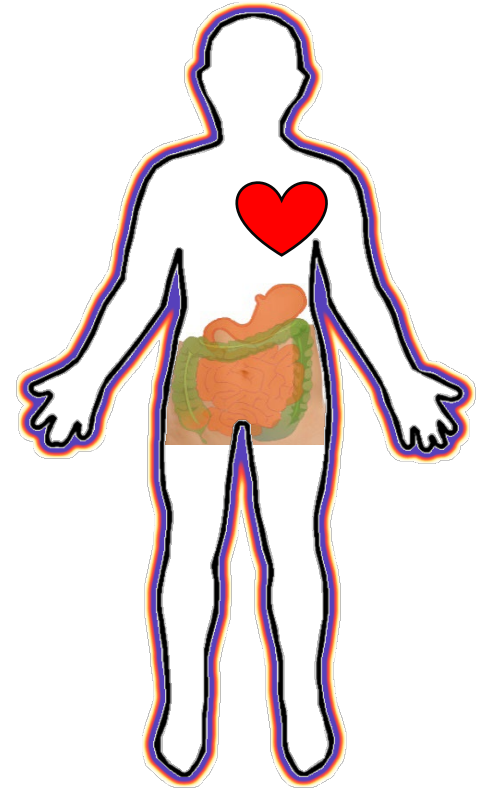
Vegetables and fruits

Vitamins and minerals

- Good for our whole body

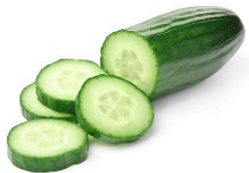
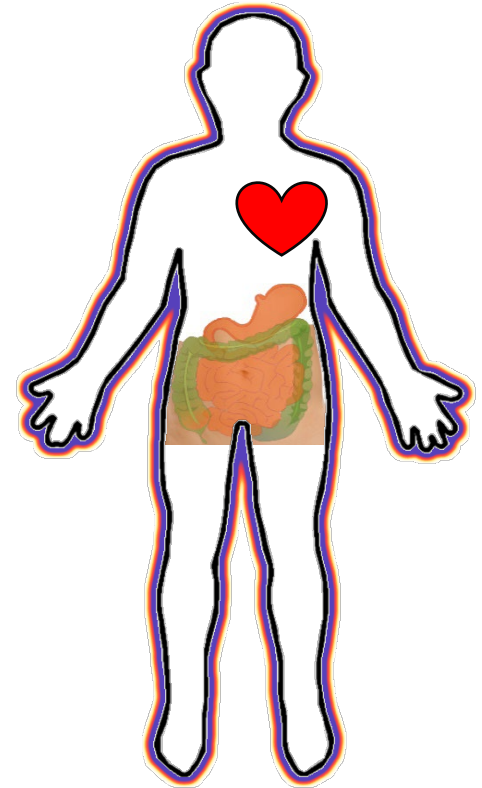
Fibre

- Gives us energy from foods longer
- Good for digestion
- Good for our hearts

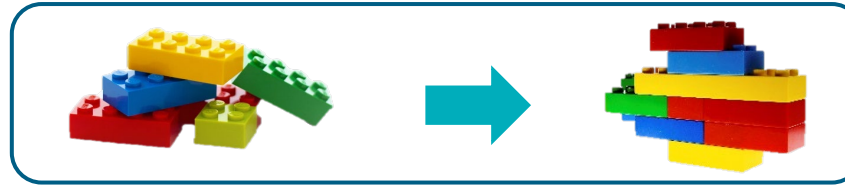


Vegetables and fruits

What are some examples of vegetables and fruits?

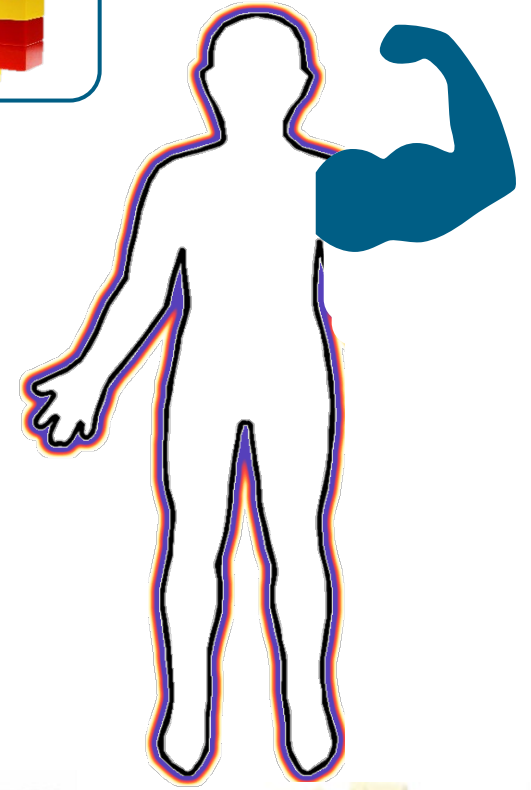


Protein foods

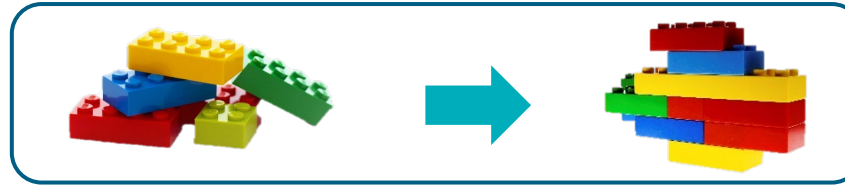


Protein

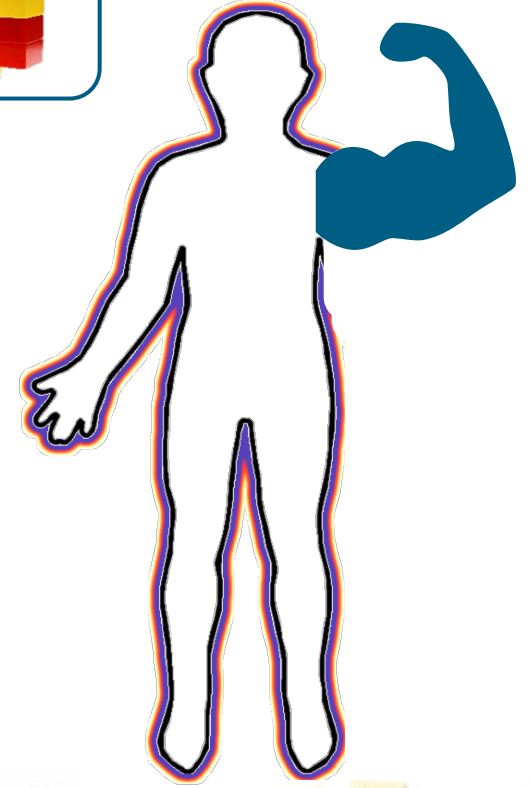
- The building blocks for our muscles, blood, skin, hair and nails
- Helps with brain communication, which improves mood and focus
- Keeps our immune system strong



Protein foods



What are some examples of protein foods?



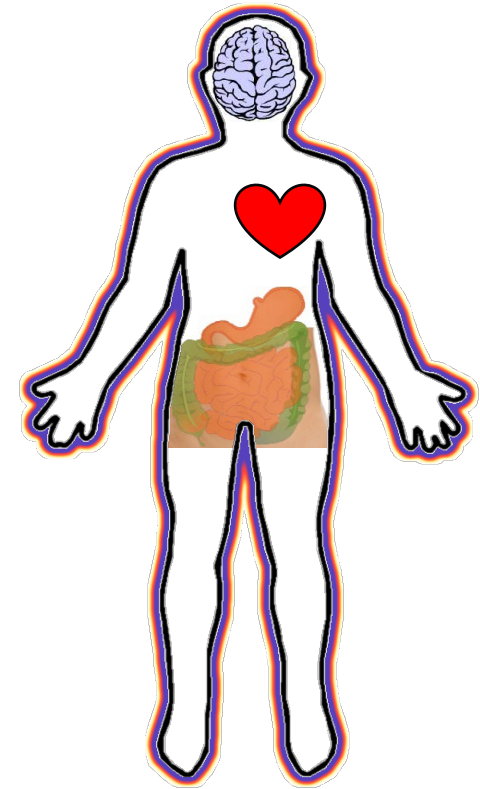
Whole grain foods

Vitamins and minerals

Fibre

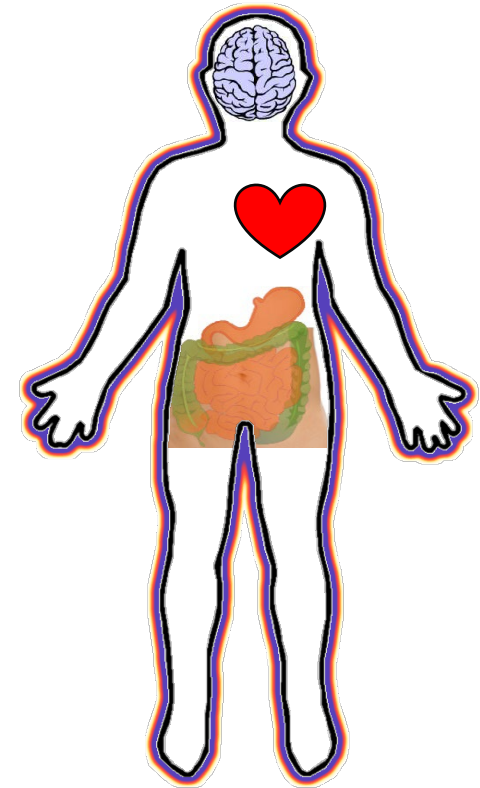
Energy

- Fuel for a growing body
- Fuel for a learning brain



Whole grain foods

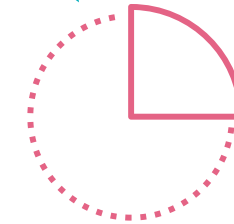
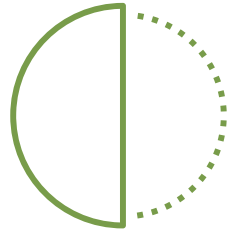
What are some examples of whole grain foods?



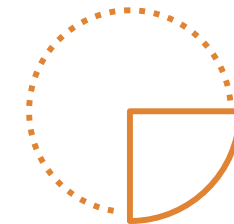
Balanced Meal

Try to have foods from all 3 parts of Canada's food guide plate throughout the day.

Vegetables
and fruit



Protein
foods



Whole grain
foods

Balanced Meal

- This plate is an example. It shows us there are lots of options to choose from.
- Each meal may look different. Using the plate as a guide will help make sure you get everything your body needs.

Vegetables
and fruit

Protein foods



Whole grain
foods

Balanced Meal

Don't forget fluids!



Have a glass of water or milk (e.g. cow's milk, soy milk, almond milk) with your meal

Vegetables
and fruit

Protein foods



Whole grain
foods

Balanced Meal

Many meals that we eat are not divided up perfectly on a plate.

Let's look at an example.



Balanced meal



Balanced snack

Snacks that follow Canada's food guide can:

- keep you energized
- provide important nutrients
- satisfy your hunger between meals

Choose one or more foods from Canada's food guide.

- The number of foods and how much food you choose will depend on what you have available to you at home and how hungry you are.
-

Balanced snack



banana

+



peanut butter

=



banana and
peanut butter



frozen berries

+



yogurt

+



cereal

=



parfait

What's in it for me?

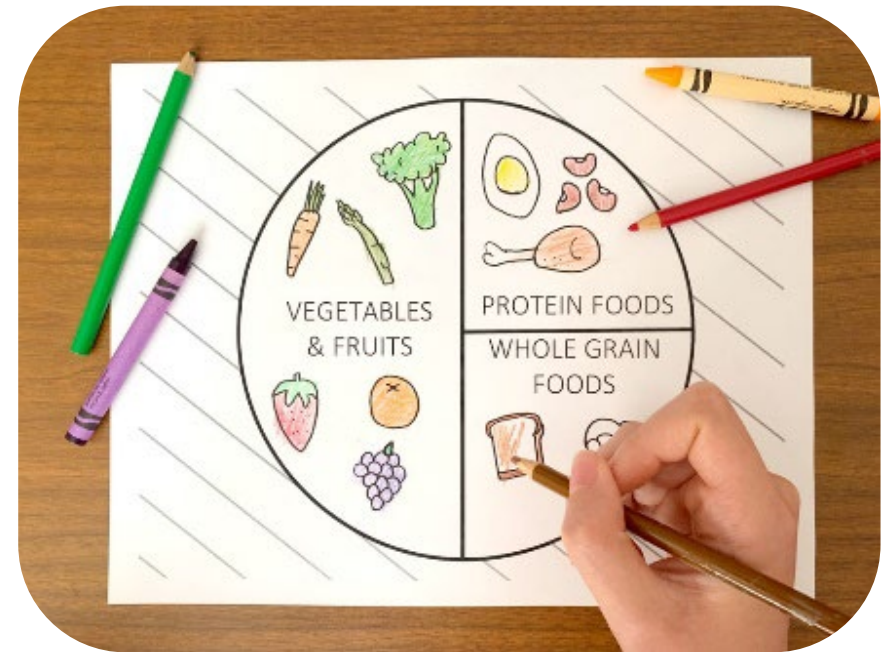
Balanced eating helps me to...

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



What's on your plate? Worksheet

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

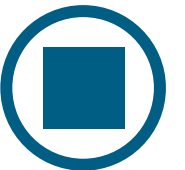


Balanced Bites Nutrition Quiz Game Rules

1. Work as a team to answer the questions. Team members must agree on the answer before calling out.
 2. If a team cannot answer in about 30 seconds, we will move on to the next team.
 3. If a team gets the question correct, they get the points. Then, the next team gets a turn.
 4. If a team answers incorrectly, other teams (starting with the team to their right) can steal the question. The team that gets the answer correct gets the points. Then, the next turn will go to the team to the right of the original team that chose the question.
 5. The team with the most points wins.
-

Balanced Bites Nutrition Quiz Game

Canada's Food Guide	Meals	Snacks	What's in it for me?
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>



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?



Canada's Food Guide-100

Answer: Vegetables and Fruits

- Try to have them as part of all your meals and snacks, when possible.
- Eat different kinds of vegetables and fruit every day to help get a variety of nutrients that your body needs be at it's best.



Canada's Food Guide -200

Which bread gives you more fibre?

- a) White bread
- b) Whole grain bread



Canada's Food Guide - 200

Answer:

b) Whole grain bread

Whole grain bread provides more fibre than 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.



Canada's Food Guide - 300

Name 2 protein foods you can drink.

Canada's Food Guide - 300

Answer:

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



Protein foods help build our muscles.



Canada's Food Guide -400

Name 2 examples of each:

- Protein foods from animals
- Protein foods from plants



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



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.

Meals -100

Answers:

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



Cow's milk and plant milk like soy milk or pea milk are protein foods.



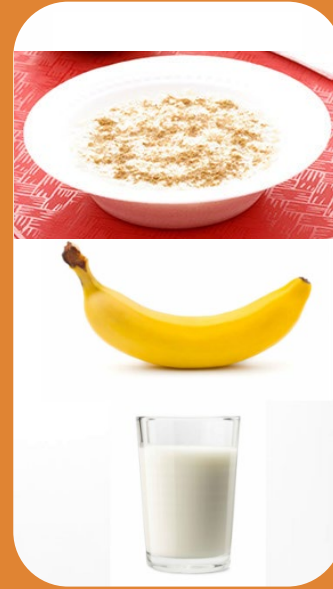
Meals -200

Which meal matches Canada's food guide plate?

a)



b)



Meals -200

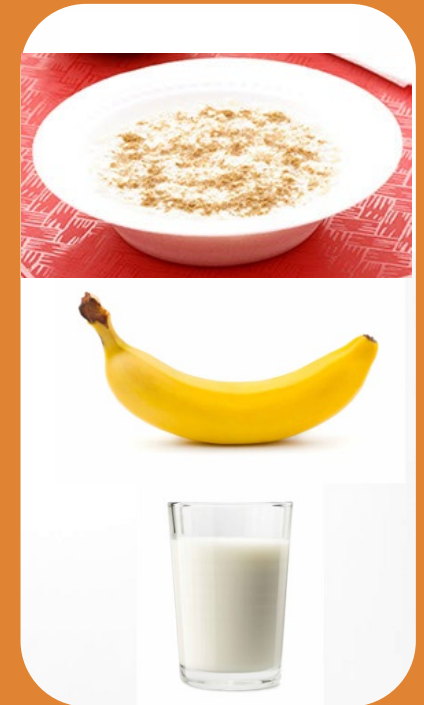
Answer:

b) Oatmeal and banana with milk

It has foods from each group of food:

- oatmeal - Whole Grain Foods
- banana – Vegetables and Fruits
- milk – Protein Foods

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.



Meals -300

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

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

Meals - 300

Answer:

Vegetables and fruits

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.



Meals - 400

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

Think of a dinner menu for Alyssa's family.

Hint: Use the Canada's food guide plate!

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



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

Snacks -100

Answer:

True.

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



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
-

Snacks -200

Answer:

d) All of the above

All of the snacks have a vegetable or fruit.

Hummus and yogurt are protein foods.



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?



Snacks - 300

Possible answers:

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



Snacks - 400

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

Snacks - 400

Possible answers:

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



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
-

What's in it for me? -100

Answer:

Whole grain foods help our body by...

- b) Giving us energy, especially for our brains

Whole grain foods are mostly made from carbohydrates, which give our body and brain energy to work well.



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.

What's in it for me? -200

Answers:

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



These are protein foods that help build our muscles.
They also have nutrients that help keep our blood healthy.



What's in it for me? -300

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

What am I?

What's in it for me? -300

Answer: Nuts, seeds, or chickpeas

Nuts and seeds can be made into spreads like peanut butter, almond butter, and sunflower seed butter.

Chickpeas can be made into a spread called hummus.



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.

What am I?

What's in it for me? -400

Answer: Protein

Protein:

- is needed for our muscles, skin, hair, and nails.
- keeps our immune system strong. Our immune system fights off germs that can make us sick.



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



Thanks for playing!

The winning team is....



This presentation is part of the Balanced Bites activity from [Grade 5 Food and Nutrition Teaching and Learning Resources](#).

For a PowerPoint version of this presentation, please contact: publichealth.nutrition@ahs.ca

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