

Food and Nutrition Lesson Plan: Grade 5

Guide for Educators



Lessons include:

[1: Balanced Bites](#)

[2: Hydration is Important](#)

[3: Taste the Tradition](#)



Overview

This lesson addresses the [Grade 5 Physical and Education and Wellness Curriculum outcomes](#), and was developed using [age-appropriate food and nutrition literacy guidance](#).

Students will:

- Identify how different groups of foods in Canada's food guide provide energy and nourishment to the body and support body systems.
- Identify that eating a variety of foods according to Canada's food guide provides a balanced range of nutrients.
- Recognize that a family's social and cultural experiences with food influence personal food choices and preferences.
- Discuss sources of nutrition from various cultures and traditions.
- Determine personal factors that may influence nutrition and hydration requirements.
- Practice basic food preparation skills.

Learning Outcome:

Students evaluate aspects of nutrition and examine their benefits to well-being.

Refer to last page for the [Knowledge, Understanding, Skills and Procedures](#).



Teaching considerations: To support students in developing healthy eating patterns, approach food and nutrition education in a way that promotes a [healthy relationship with food](#), recognizes that students may have [varying access to food](#), and [considers potential biases](#) toward food and eating practices.

Teacher Background

Canada's food guide is a resource for teaching students about the importance of eating a variety of nourishing foods each day, including vegetables and fruits, whole grain foods, and protein foods. These foods provide essential nutrients for overall health.





Canada's food guide also offers a simple framework for creating balanced meals or snacks:

- Half of the plate is vegetables and fruits.
- A quarter is whole grain foods.
- A quarter is protein foods.

Incorporating cooking and food preparation into lessons can help reinforce healthy eating habits. Engaging students in hands-on food preparation allows them to develop practical skills, explore foods they enjoy, and make choices that align with Canada's food guide. In Lesson 3, students will practice basic food preparation skills and follow a recipe.

Additionally, culture and food traditions play a big role in shaping eating habits. They influence what, when, and how people eat, as well as where food is sourced and how it is prepared. Recognizing and incorporating cultural foods traditions into the classroom can enhance students' understanding of the social and emotional aspects of eating. If possible, contact a local elder and invite them to speak with students about their local food practices, ceremonies, and protocols, and how these enhance physical and emotional well-being.

Additional Sources of Background Information

-  [Make healthy meals with Canada's food guide plate](#) (Health Canada)
Includes information on how to create healthy meals and snacks.
-  [Involve kids in planning and preparing meals](#) (Health Canada)
Includes information on benefits of involving kids in planning and preparing meals, how to involve kids, and age-appropriate tasks.
-  [Toolkit for Educators: Food safety considerations](#) (Health Canada)
Includes information on food safety: clean, separate, cook, and chill.
-  [Cultures, food traditions and healthy eating](#) (Health Canada)
Includes information on the benefits of including cultures and food traditions as a part of healthy eating.
-  [Indigenous Traditional Food Systems Module](#) (Alberta Recreation & Parks Association)
Provides introduction to Indigenous Traditional Food Systems within Alberta.

Lesson 1: Balanced Bites

Estimated Time

10 minutes preparation time; 45–60 minutes activity time

Required Materials

- Interactive whiteboard or projector
- [Balanced Bites Nutrition Quiz Game presentation](#)
- [Balanced Bites Nutrition Quiz Game presentation \(educator version with notes\)](#)
- [Balance Bites Game Board- Educators Template](#)
- [What's on Your Plate? worksheet](#)

Instructions

1. Prior to class, download or print the [educator version of the presentation with notes](#), along with the [Balanced Bites Game Board – Educator Template](#) to track game progress. Print a What's on Your Plate? worksheet for each student.
2. Using the [Balanced Bites Nutrition Quiz presentation](#), review the education component (slides 3–10) with the class.
3. On slide 11, invite students to use the [What's on Your Plate? worksheet](#) to draw some of their favourite foods from each of the three sections on the plate and identify 2–3 benefits of eating these foods for their health and well-being.
4. To test students on their knowledge, play the game found in the remaining slides. Click on the back icon ◀ to return to the main playing board. Refer to the educator's version with notes slides for additional speaking points and game instructions (slide 12). The educator's template can be used to track game progress.
5. Once the game is complete, go to the summary on slide 45.

Lesson 2: Hydration is Important

Estimated Time

Approximately 10 minutes preparation time; 30–45 minutes activity time.

Required Materials

- Interactive whiteboard or projector
- [Hydration is Important presentation](#)
- [Hydration is Important presentation \(educator version with notes\)](#)
- [Hydration is Important worksheet](#)
- Optional video: [Benefits of Water](#) (Healthy Canadians)
- Optional activity: water bottles of varying sizes, measuring cups, source of water

Instructions

1. Before class, download or print the [educator version of the presentation with notes](#). Print a [Hydration is Important worksheet](#) for each student. Students will use this worksheet and fill in the answers as you go through the presentation.
2. Go through the presentation with students. Refer to the educator's version with notes for speaking points. The optional video is linked in the speaker notes on slide 21.
3. Optional activity – Slide 10: **Guess how many cups?**
 - a. Prepare a few water bottles of different sizes.
 - b. Ask students to guess how many cups of water can fit in each of the bottles.
 - c. Get students to divide the total volume (mL) of the water by 250 mL to calculate how many cups of water can fit in each bottle.
 - d. **Alternatively**, fill each water bottle with water before class. Have the students use measuring cups to measure out the volume of water that was in each bottle.

Lesson 3: Taste the Tradition

Estimated Time

Approximately 45 minutes preparation time, 60 minutes activity time.

Required Materials

- Refer to [Toolkit for educators: Taste the tradition](#) (Health Canada) for required materials.
- Note that the Explore activity involves making a recipe which requires gathering recipe ingredients and preparation equipment.

Instructions

1. Refer to [Toolkit for educators: Taste the tradition](#) (Health Canada) for instructions.

Extension (optional)

Invite Guest Speakers

Invite local Elders and Indigenous community members to share stories and teachings on growing and harvesting plants, fishing, hunting, and trapping wild game, foraging and gathering berries and edible plants, preparing and preserving traditional foods.

Assessment

- Completion of What's On Your Plate worksheet, where students are asked to describe how eating foods found on Canada's food guide supports their health and well-being.
- Participation in Balanced Bites Nutrition Quiz where students must assess the nutritional balance of meals and snacks to determine the correct answer.
- Completion of the Hydration is Important worksheet and identify when they may need more fluids and signs of dehydration.
- Participation in classroom discussion during completion of Taste the Tradition activity.

Balanced Bites Game Board - Educators Template

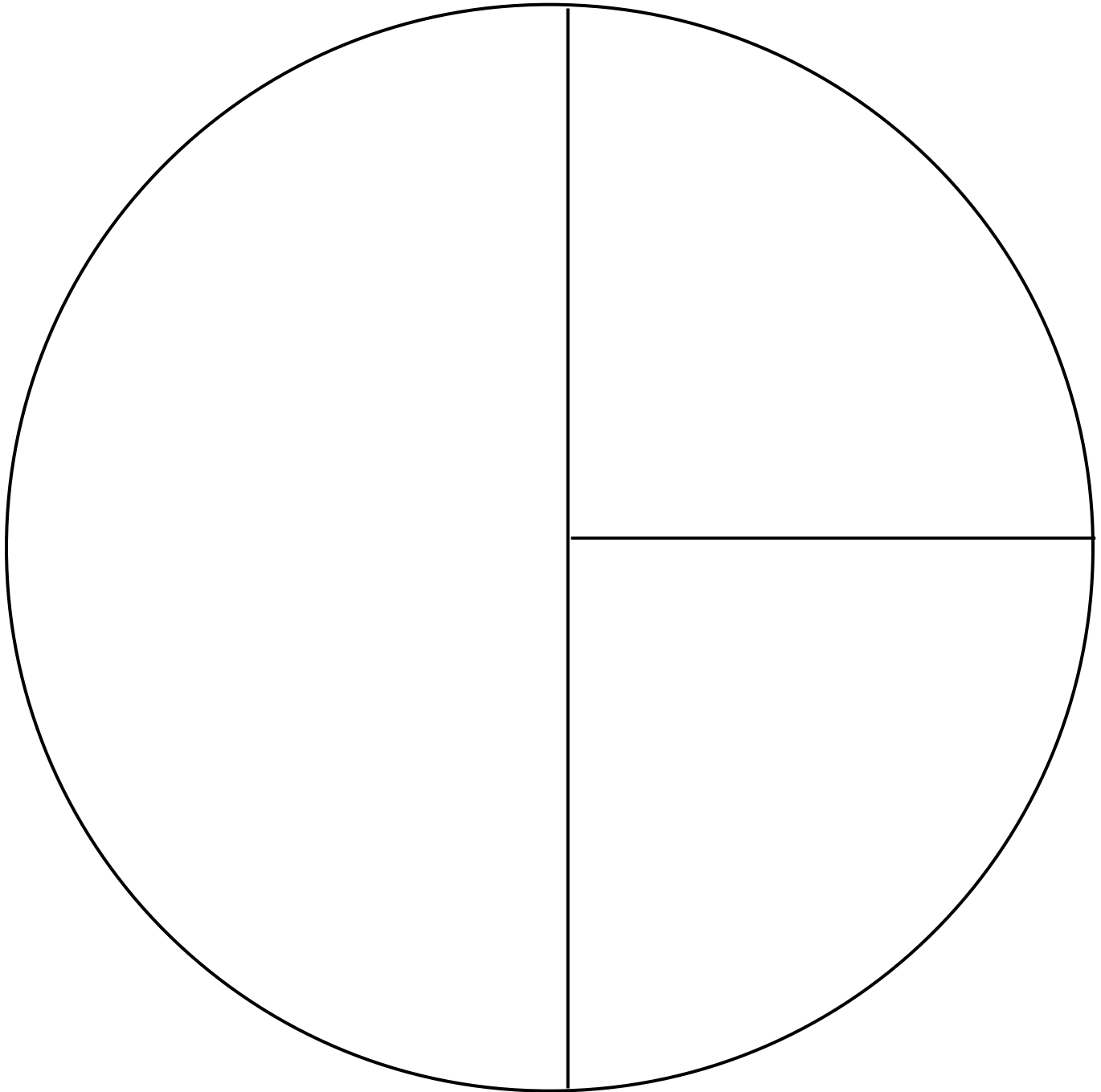
The Balanced Bites Nutrition Quiz presentation is in a pdf format, so the numbers on the game board (slide 12) will not change colour when questions have been answered. Use this template to keep track of completed questions during the game.

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

Scoring Notes:

What's On Your Plate?

Draw your favourite foods in the correct section of the plate and list 2-3 benefits of eating these foods for your health and well-being. (Draw at least 2 food examples per section).





Hydration is Important

Why is water important in my body?

I need to drink about _____ - _____ cups of fluid per day.

How do I know if I have had enough to drink?

What happens if I don't drink enough fluids?

When may I need to drink more fluids?

What are some nutritious drink options other than water?

Calculate the total cups of fluid in the example below.

1 cup = 250 mL



250 mL



250 mL



250 mL



500 mL

Learning Outcomes

Bolded KUSPs from the Grade 5 [Physical Education and Wellness](#) curriculum are addressed in this lesson plan.

Knowledge:	Understanding:	Skills and Procedures:
<ul style="list-style-type: none"> Nutrition and hydration can affect <ul style="list-style-type: none"> learning, concentration, activity, behaviour In First Nations, Métis, and Inuit communities, nutrition can contribute to holistic, medicinal, or healing practices that enhance physical and emotional well-being. 	<ul style="list-style-type: none"> Nutrition is essential to good health, disease prevention, and longevity of life. 	<ul style="list-style-type: none"> Describe how nutrition can affect physical and mental health and well-being.
<ul style="list-style-type: none"> Nutrition and hydration can affect body systems, including <ul style="list-style-type: none"> cardiovascular, digestive, musculoskeletal, reproductive 	<ul style="list-style-type: none"> Nutrition provides energy and nourishment to the body and supports body systems. 	<ul style="list-style-type: none"> Research the effects of nutrition and hydration on body systems.
<ul style="list-style-type: none"> Social and cultural experiences influence decisions related to food choices. First Nations, Métis, and Inuit cultural knowledge about food choices are tied to the land. 	<ul style="list-style-type: none"> Nutritional sources and traditional and cultural practices are connected. First Nations, Métis, and Inuit gatherings, ceremonies, practices, and protocols can influence nutritional choices. 	<ul style="list-style-type: none"> Discuss sources of nutrition from various cultures and traditions
<ul style="list-style-type: none"> Nutritional requirements change at various developmental ages. Nutritional choices can be affected by individual eating cues, including hunger, appetite, and satiety. 	<ul style="list-style-type: none"> Nutrition and hydration may need to be adjusted in response to various factors 	<ul style="list-style-type: none"> Investigate how various personal factors can influence nutrition and hydration requirements.
<ul style="list-style-type: none"> Eating a variety of foods provides a balanced range of nutrients. Food portion sizes and number of servings can inform balanced nutritional choices. (2019 Canada's food guide uses proportions and types of food.) 	<ul style="list-style-type: none"> Nutrition can be improved through the planning and preparation of balanced meals and snacks. 	<ul style="list-style-type: none"> Assess the nutritional value of a variety of snacks and meals.

