

Grade 7: Food Influences and Nutrition Needs



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

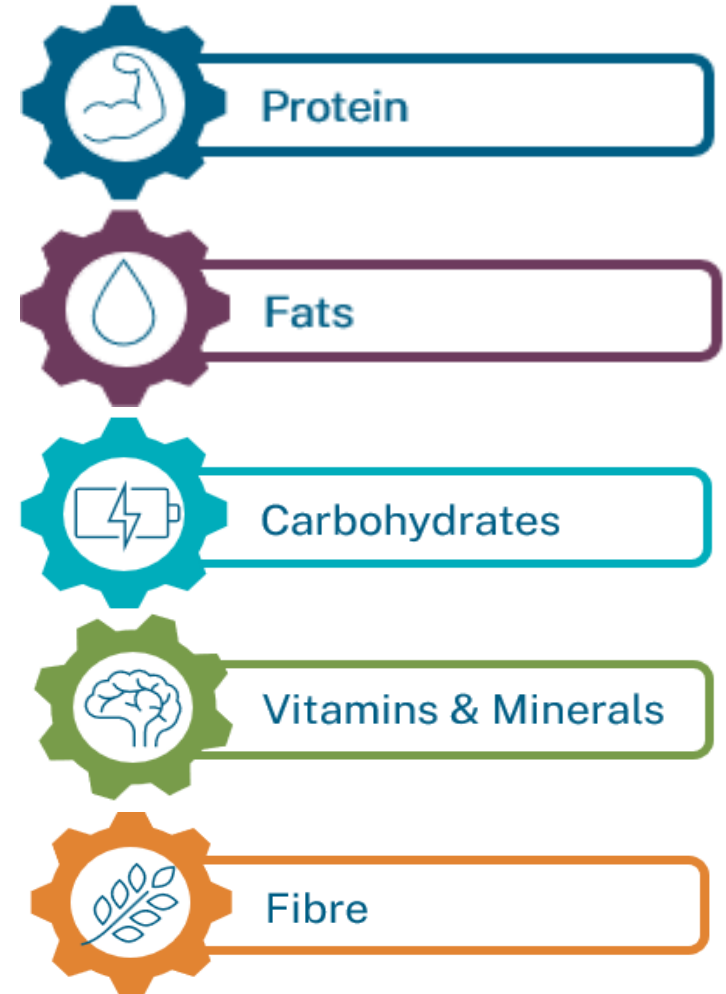
Canada's Food Guide Refresher

Vegetables
and Fruits

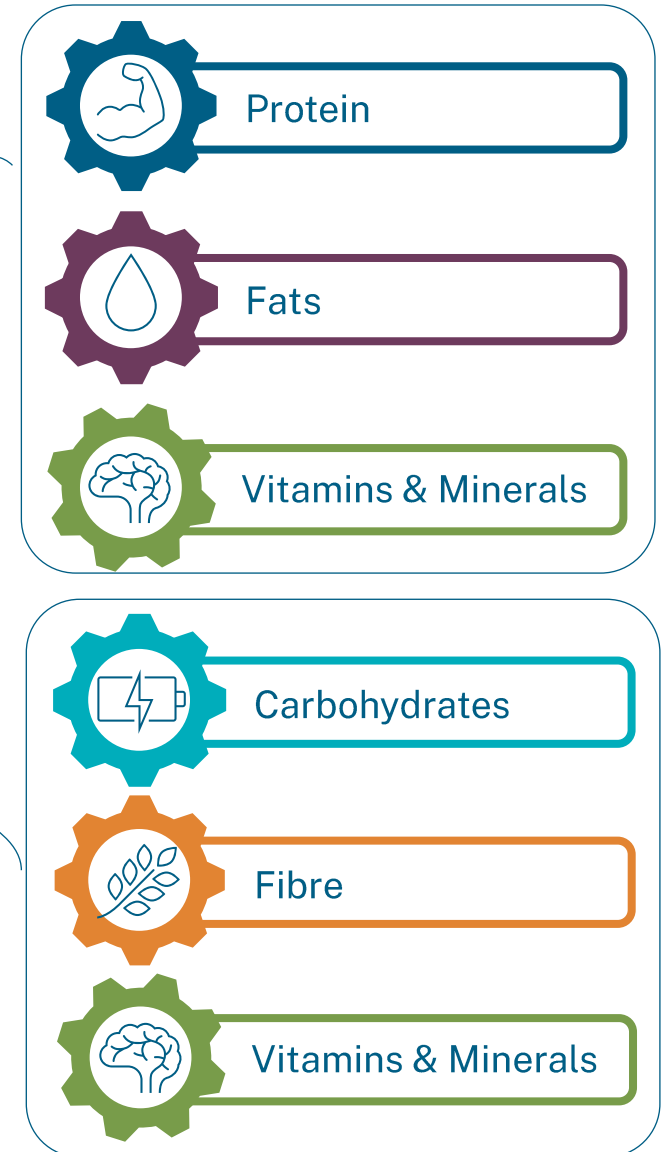
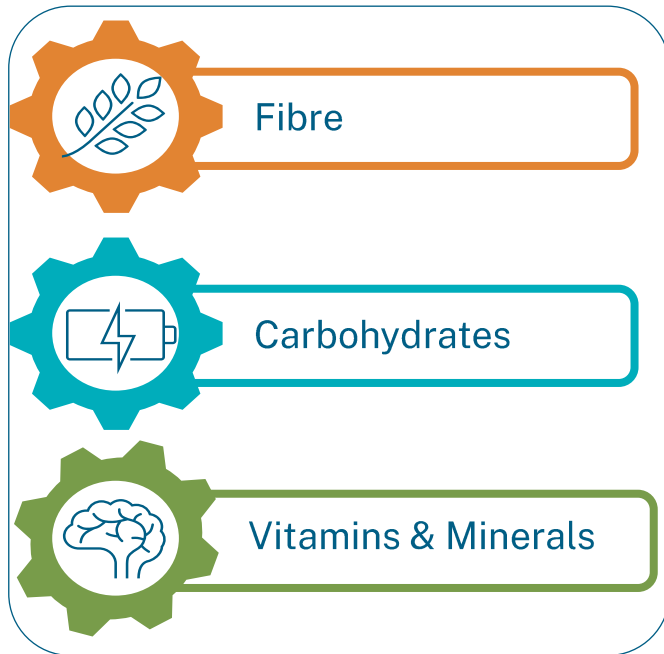


Protein Foods

Whole Grain
Foods



Nutrient Refresher





What influences the food we eat?





Body

Allergies
Appetite

...



Mind

Thoughts
Perceptions

...



Culture

Celebrations
Role of food

...



Environment

Packaging
Access

...



Social

Radio
Ads

...



Is it wrong to have your food choices influenced by the factors we came up with?



Body



Mind



Culture



Environment



Social



Food Marketing





What does
food marketing
imply you
need?

versus



What do you
actually need
from food?

Tips for Making Choices

Ask yourself:

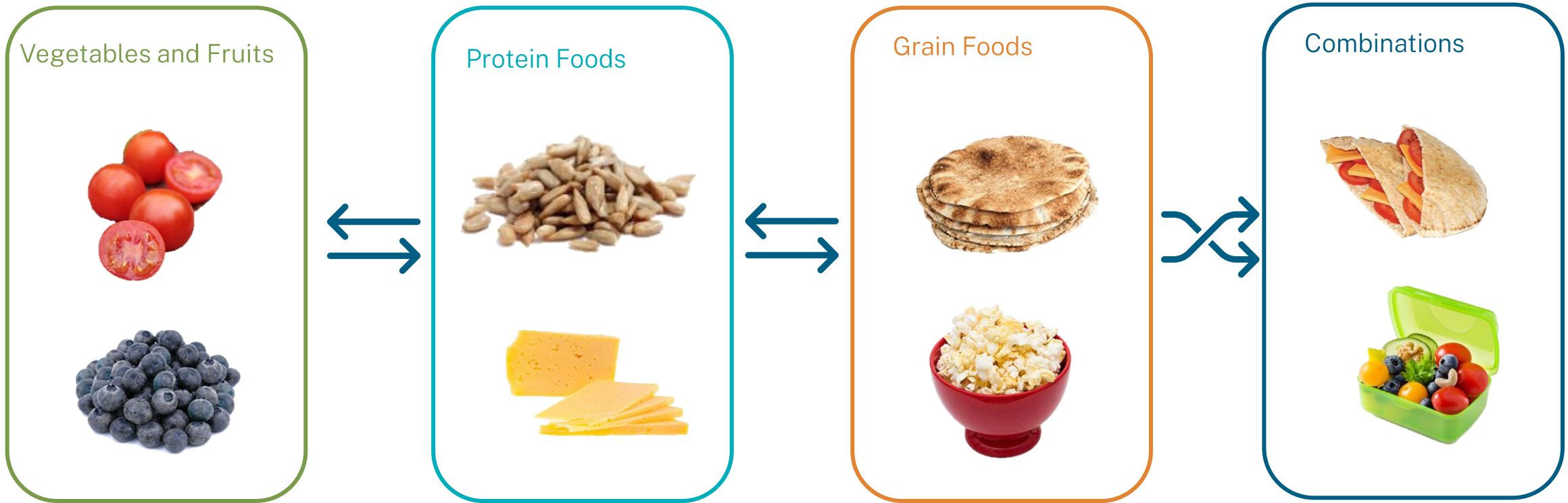
- ☐ What is your body saying it needs?
- ☐ Why do you want to buy or choose a certain food or drink?
- ☐ Where did your ideas about the food come from?



Designed by [Freepik](#)

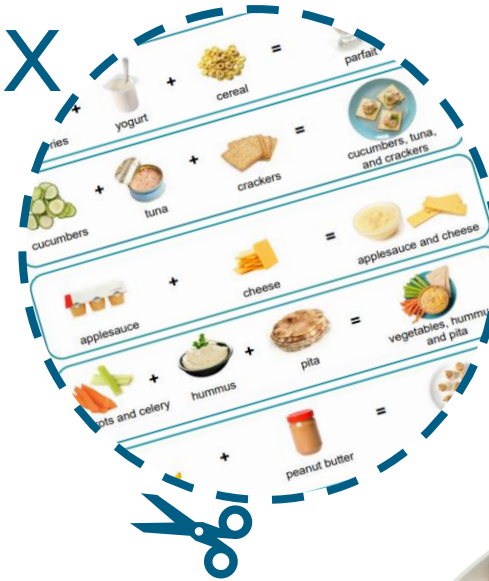
Snack Matrix: Push back against marketing when you are hungry!

Mix and match two or more types of food



Assignment: Snack Matrix

- Design your own snack matrix based on the groups of food on Canada's food guide. Personalize it to what you enjoy and have available at home.
- Use your art medium of choice. Examples: draw, paint, collage from magazines/flyers, online design, etc.







Completion Checklist

- ☐ List five items in each group of food: **vegetables and fruits**, **protein foods**, and **grain foods**
- ☐ Mix and match items from at least two different groups of food to create a **snack combination**
- ☐ Create five different **snack combinations**
- ☐ Identify at least 3 factors that will influence your snack choices (example: amount of time you have to prepare the snack)

Grade 7

Snack Matrix

List five items in each group of food. Mix and match items from two or more groups of food to create five snack combinations.

Vegetables and Fruits	Protein Foods	Grain Foods	Combinations
			
●	●	●	●
●	●	●	●
●	●	●	●

My main influences when making food choices are: