

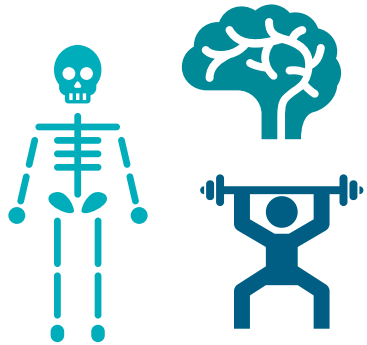
# Grade 8: Planning for Meals Away from Home



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

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What does  
your body  
need?



What does  
balanced  
look like?



Why plan  
ahead?

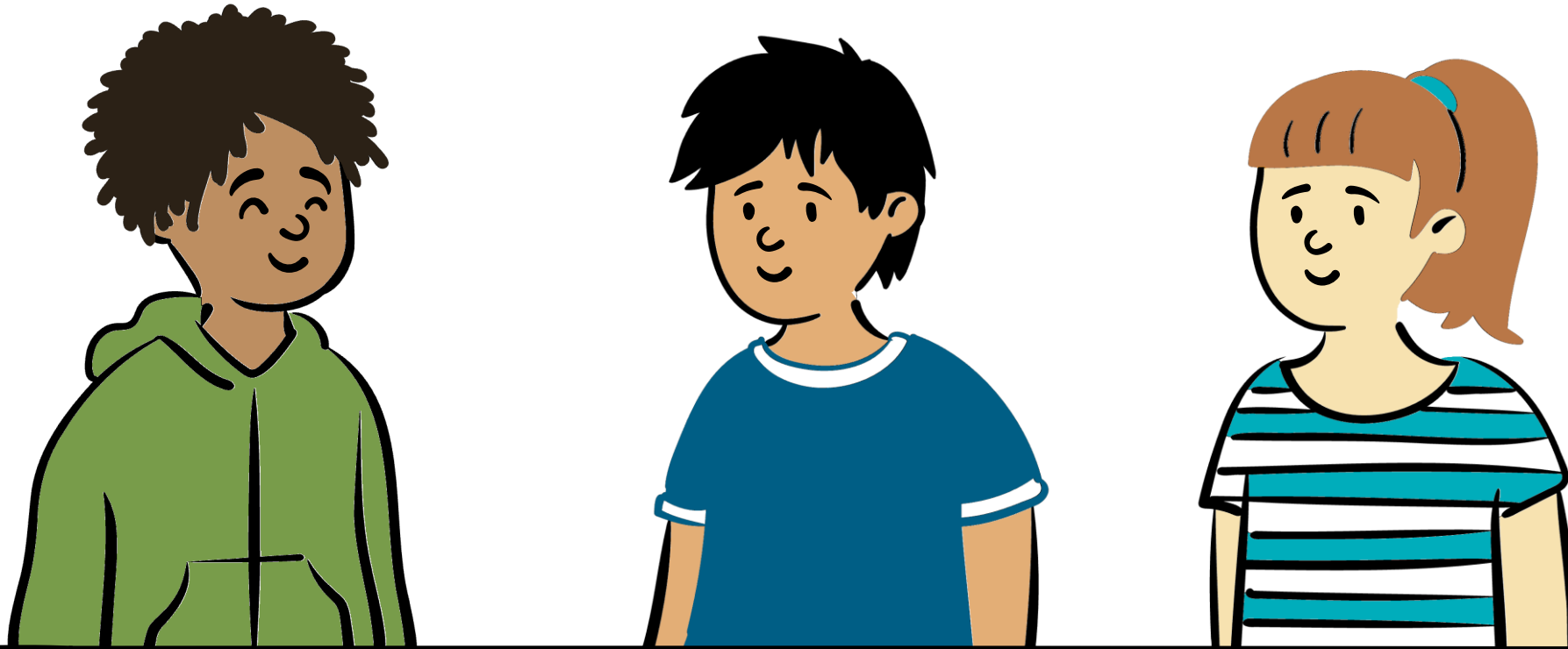


What do  
you need to  
consider?



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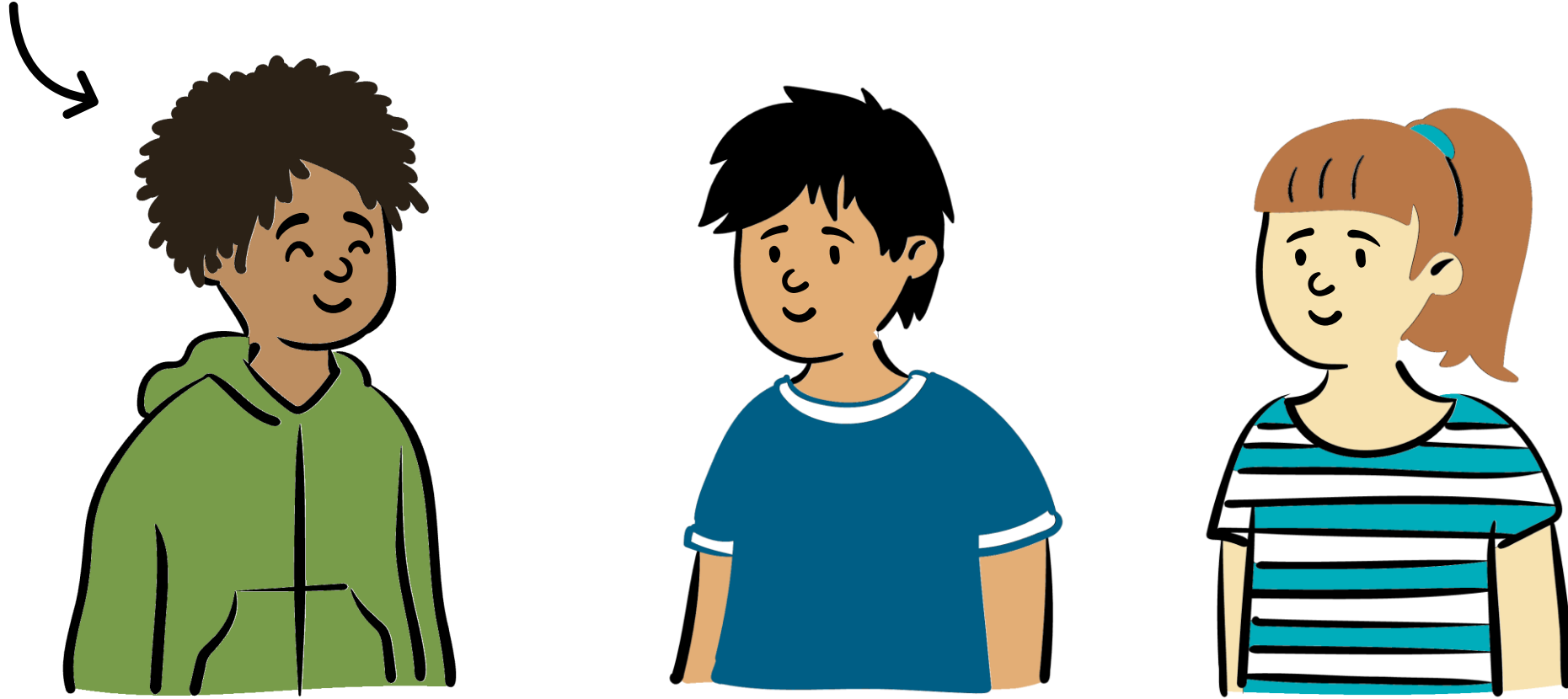
Meet Jesse and their friends, Max and Hailey.



If you could choose 1 food to eat every day, what would it be?

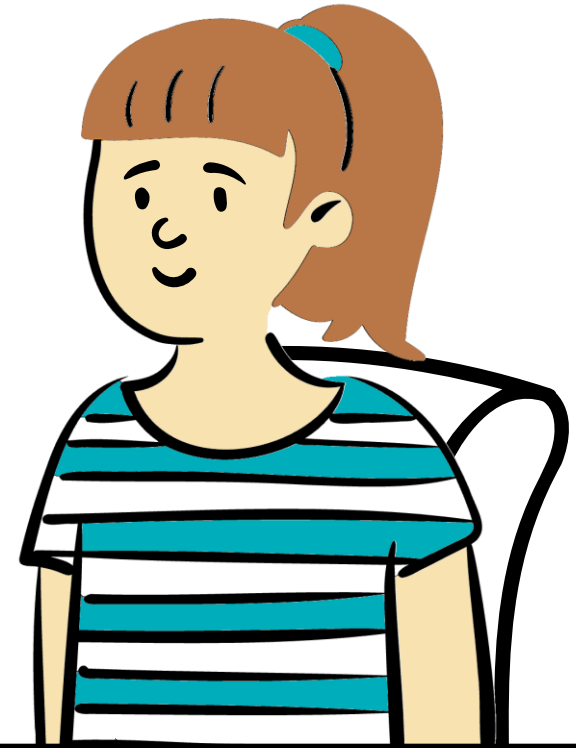
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Jesse started packing their own lunch last month.



Let's see how it's been going...

All I can think to pack for lunch is a couple of muffins. This is getting boring....





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# Benefits of Eating a Variety of Foods



Don't get bored of eating the same thing



Help get the nutrients our bodies need



Experiment with different foods and flavours



Feel good: not too much or too little of a specific nutrient

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Phew! I never used to get this tired running in gym class. I feel weak and my stomach is growling. I just ate lunch an hour ago!





What are the different  
types of food your  
body needs?

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# What Does Your Body Need?



Vegetables  
and Fruits

## Vitamins and minerals

- Help our body function well

## Fibre

- Digestion
- Help us feel full
- Heart health



Protein  
Foods

## Protein

- Building blocks for muscles
- Building blocks for blood
- Build and maintain strong bones and teeth



Whole Grain  
Foods

## Vitamins and minerals

## Fibre

## Energy

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

All types of foods are needed to meet your needs!

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# What Does Balance Look Like?

Aim for:

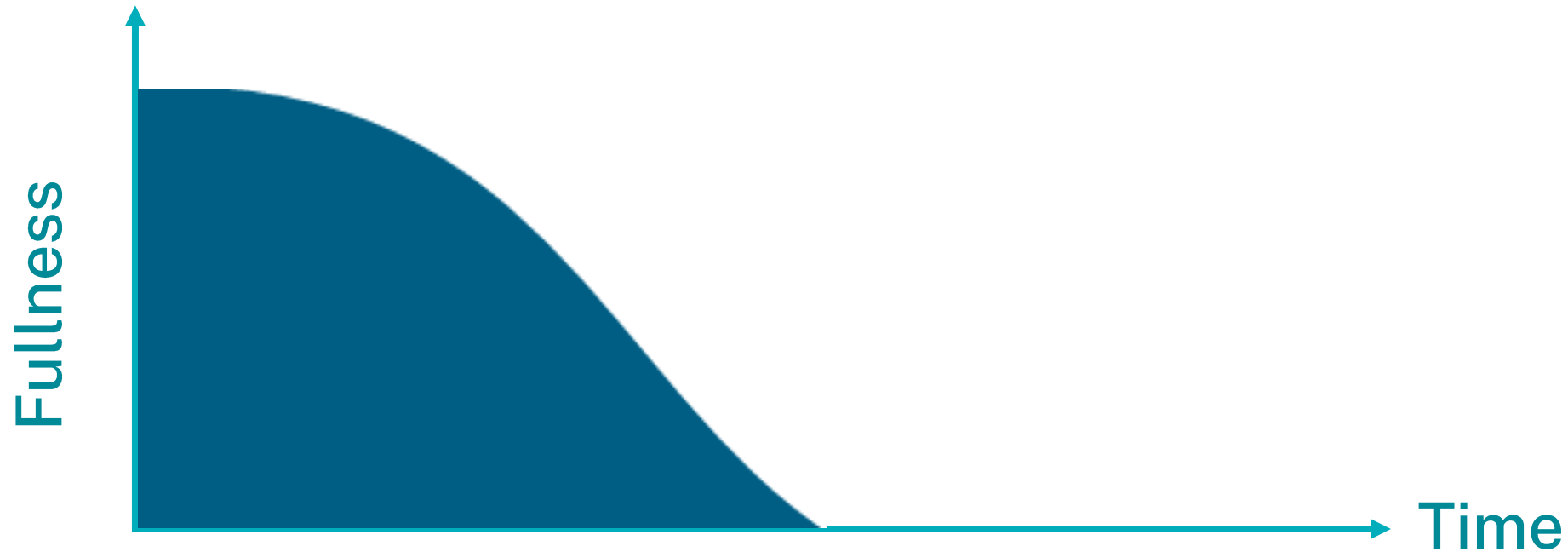
- $\frac{1}{2}$  vegetables and fruits
- +  $\frac{1}{4}$  from protein foods
- +  $\frac{1}{4}$  whole grain foods



Making snacks using Canada's Food Guide

# Balanced Eating for Lasting Energy

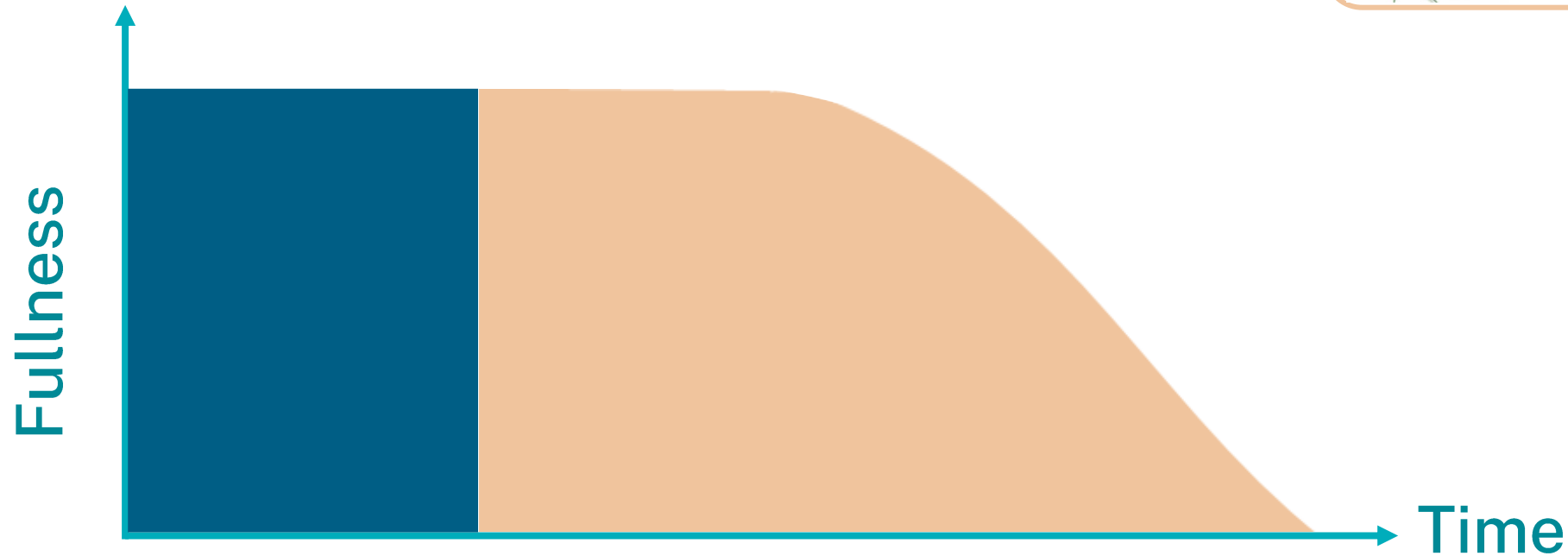
Fibre: Whole grain foods and vegetables/fruit



Modified from Ellyn Satter "Foods that Help Regulate." Degree of fullness felt and length of time can vary by individual, food form, and combination of foods co-ingested.

# Balanced Eating for Lasting Energy

Fibre: Whole grain foods and vegetables/fruits AND Protein foods and fats/oils

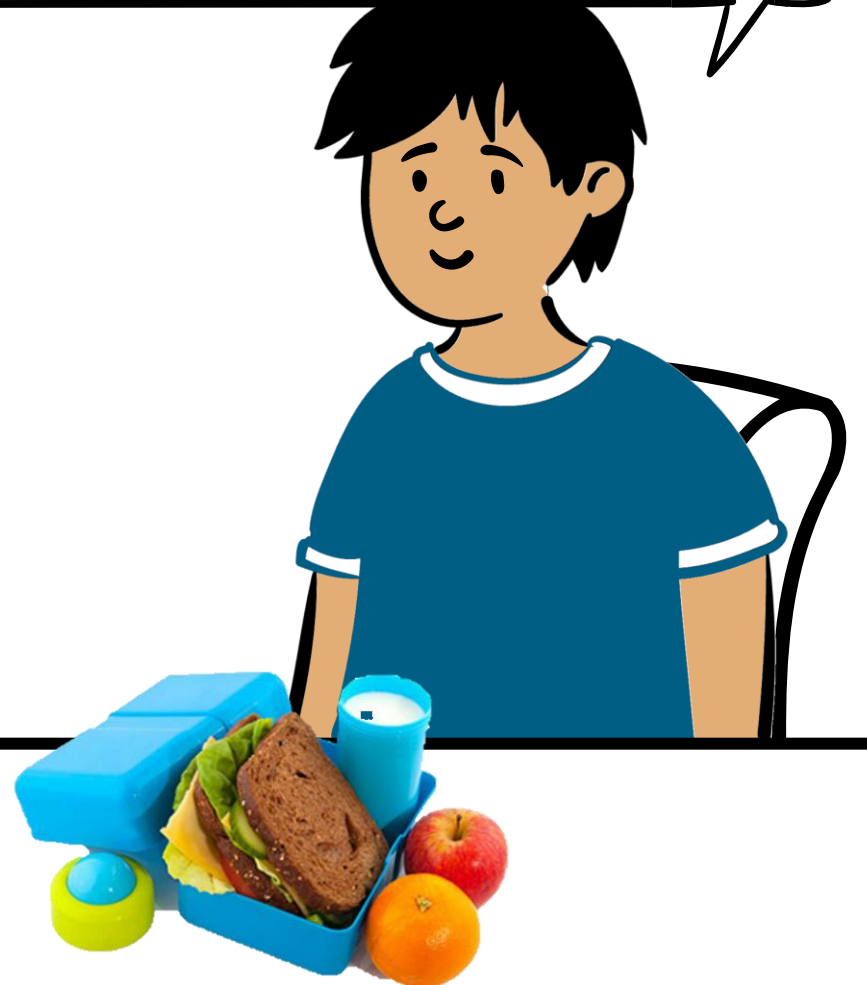


Modified from Ellyn Satter "Foods that Help Regulate." Degree of fullness felt and length of time can vary by individual, food form, and combination of foods co-ingested.

Packing enough food for the day is difficult. How do you do it?



I plan ahead what I want to pack for lunch and snacks...



A whiteboard with a black frame and a grey base. The text "Why plan ahead for meal and snacks?" is written in blue. A small eraser and a marker are on the base of the whiteboard.

Why plan ahead for  
meal and snacks?



# Why Plan Ahead?



Fueled for the day



May eat more variety of foods



Have the foods you enjoy



Help the environment



Save money





What do you need to  
consider when  
planning meals and  
snacks for yourself?

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# What Do I Need to Think About?



Availability



Schedule



Access to appliances



Food likes



Food safety

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# Assignment: Eating Away From Home Menu

**Scenario:** Jesse has after school activities 3 days this week. On the other days Jesse goes home to start on homework.

Jesse needs to plan what foods to pack for the school day (lunch and 1-2 snacks), as well as an after-school snack.

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## Choose Jesse's Story

- ☐ What are Jesse's after-school activities?
- ☐ Decide on one dietary consideration for Jesse
  - Food allergy, vegetarian, cultural practice, etc.
  - Research and make notes
- ☐ Why does Jesse want to plan ahead? What is the benefit?
  - Fueling for activity, saving lunch money, etc.



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## Tips to Get Full Grades

- ☐ Use Canada's food guide proportions to plan your menu
  - Snacks may not include all foods. Look at the eating pattern as a whole.
- ☐ Write out specific details “tuna sandwich with mayonnaise, lettuce, and tomato on a bun”
- ☐ Include packing details like thermos or ice pack




# Assignment: Eating Away From Home Menu

1. Develop a 1-week (Monday to Friday) menu plan for lunch and snacks that is balanced according to Canada's food guide.
2. Create a grocery list of the foods that Jesse will need for the week.
3. Write up- explain the background and rationale behind the food choices for the menu.

**Eating Away from Home Menu Planner**

Dietary consideration: \_\_\_\_\_

|           |  Lunch | Snacks (1-2) for school | After school snack<br><small>Make note of which days Jesse has an after-school activity</small> | Things to remember<br><small>Include preparation notes and reminders for food safety.</small> |
|-----------|---|-------------------------|---|---|
| Monday    |   |                         |   |   |
| Tuesday   |   |                         |   |   |
| Wednesday |   |                         |   |   |
| Thursday  |   |                         |   |   |
| Friday    |   |                         |   |   |

**Grocery List for Lunch and Snacks**

**Vegetables / Fruits**

|                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

**Protein Foods** **Grain Foods**

|                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

**Other Ingredients**

|                                |
|--------------------------------|
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ |



# Assignment: Eating Away From Home Menu

Optional assignment:

Use print media or a digital program to create a one-page poster encouraging fellow students to plan ahead and pack a variety of foods for school and activities.

Focus your information on one of the key messages you learned during this unit.

