

Create a Fish Meal!

Outcome:

2-1-06: Plan a menu for one day based on the four food groups outlined in Canada's Food Guide to Healthy Eating.

Materials:

- scissors
- glue

Teacher's Instructions:

1. Hand out page 2 to each student. Students will use fish for the Meat and Alternatives category and plan a healthy meal by cutting out appropriate foods and pasting them on the plate.
2. Discuss students' choices for their meals, pointing out which foods are healthy choices and which ones are not.

Teacher Background Information:

The four food groups of Canada's Food Guide to Healthy Eating are:

- 1) Grain Products
- 2) Vegetables and Fruits
- 3) Milk Products
- 4) Meat and Alternatives

Each food group provides important nutrients that our bodies need to be healthy. For example:

- 1) Grain Products - Carbohydrate, Iron and B-Vitamins
- 2) Vegetables and Fruits - Vitamin A and C
- 3) Milk Products - Calcium, Protein, Riboflavin and Vitamin A
- 4) Meats and Alternatives - Protein, Iron and B Vitamins

Fish is easy to prepare and a healthy choice for the Meats and Alternatives category. Fish is a good source of high quality protein, and Vitamins D and A, and is generally low in fat. Manitoba's lakes and rivers are home to dozens of species of fish, including walleye (or pickerel), northern pike (or jackfish), catfish, and goldeye. Many Manitobans enjoy catching their own fish to eat! You can also find our fish in the supermarket.

Create a Fish Meal!

Cut and paste the food onto the plate that makes a healthy fish meal.
Label all the foods on your plate

