

My Fish Recipe Book

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:

- writing and colouring utensils
- fish recipes (students to bring from home)
- hole punch
- yarn or string

Teacher's Instructions:

1. Hand out pages 2 and 3 to each student. Ask students to print their name on and colour their recipe book cover (page 2).
2. Ask students to bring a fish meal recipe from home. Ask them to write it in the space provided on page 3.
3. Make copies of each student's recipe and distribute all the recipes to each student. Then, using a hole punch and colourful yarn, ask each student to bind together all the different recipes into their own fish recipe book!

Teacher Background Information:

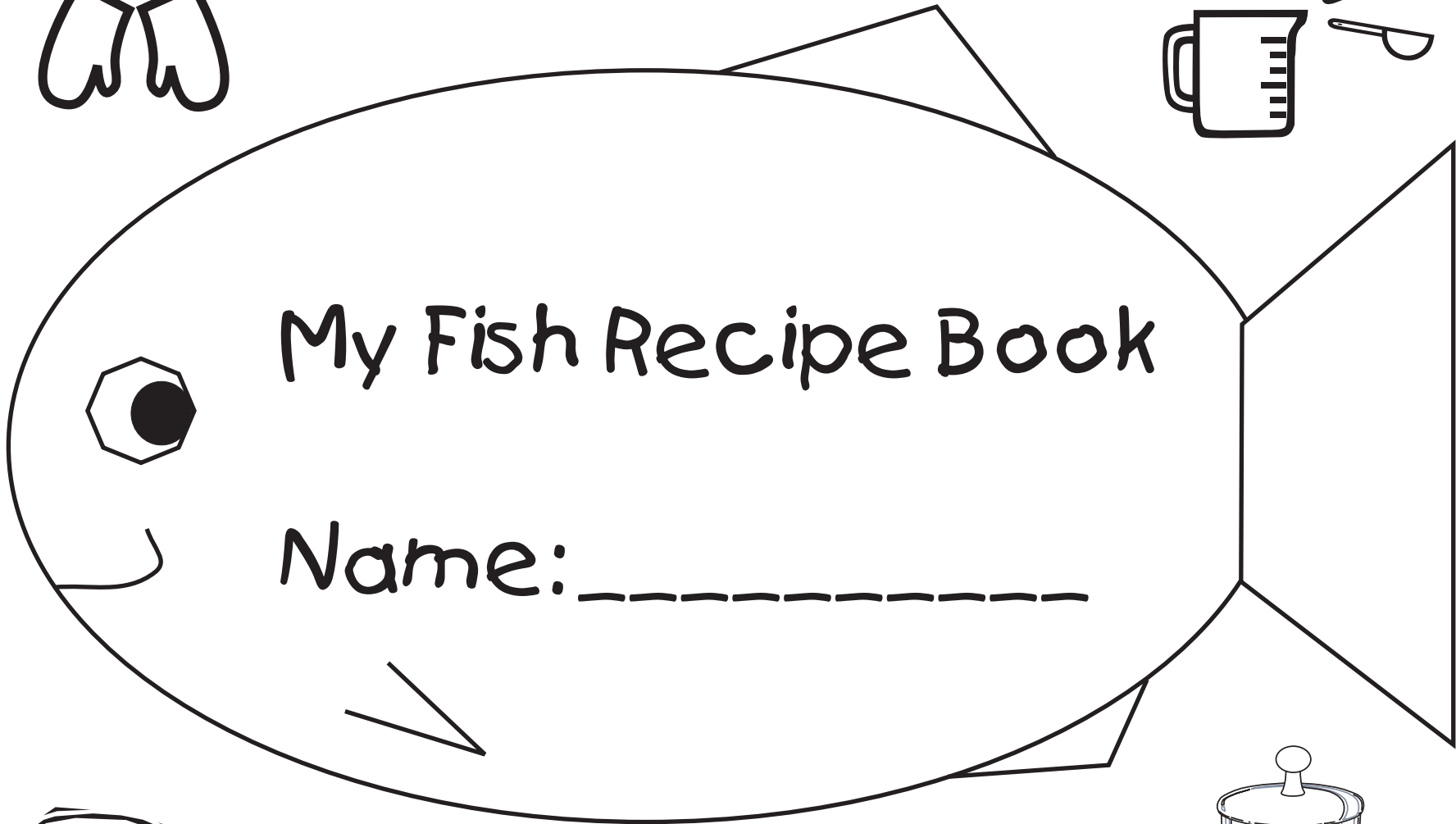
The four food groups of Canada's Food Guide to Healthy Eating are:

- 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.



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Name: _____

