

Food Groups

Outcome:

- 2-1-05: Identify the four food groups of Canada's Food Guide to Healthy Eating and give examples of food from each group.

Materials:

- writing utensil

Teacher's Instructions:

1. Make a class set of page 2.
2. Ask students to write down what they ate yesterday. Place the students in groups of 3 or 4 and ask each group to divide the foods they ate into 4 categories. Ask each group to present their categories to the rest of the class, explaining why they chose these categories.
3. Show students how Canada's Food Guide to Healthy Eating categorizes food. Ask students to return to their groups and re-sort their foods into the four food groups: Milk Products, Vegetables and Fruits, Meat and Alternatives, and Grain Products.
4. Using the worksheet on page 2, students will write the different types of food from the word bank in the appropriate food group. An answer key is provided on page 3.
5. After the activity, ask students what kinds of fish they have caught or eaten. The purpose of this is to show students that fish can be a healthy part of their diet.

Adaptations/Modifications:

For a hands on activity, students can also find pictures of different foods in magazines, cut them out and paste them into the appropriate food groups.

Teacher Background Information:

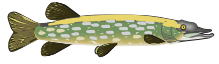
The four food groups of Canada's Food Guide to Healthy Eating are:

- 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.



Food Groups



Put each example of food into its food group.



Lettuce
Milk
Bananas

Hamburgers
Carrots
Tomatoes

Apples
Cheese
Fish

Bread
Yogurt
Chicken

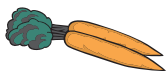
Rice
Cereal
Steak

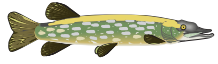
Vegetables and Fruits

Milk Products

Meat and Alternatives

Grain Products





Food Groups



Answer Key

Put each example of food into its food group.



Lettuce
Milk
Bananas

Hamburgers
Carrots
Tomatoes

Apples
Cheese
Fish

Bread
Yogurt
Chicken

Rice
Cereal
Steak

Vegetables and Fruits

Lettuce
Banana
Carrots
Tomato
Apples

Milk Products

Milk
Cheese
Yogurt

Meat and Alternatives

Hamburgers
Fish
Chicken
Steak

Grain Products

Bread
Rice
Cereal

