



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

My Healthy Plate

Grade 3 and 4 Teacher Guide

Content has been adapted from the Department of Education Grade 3 (2015) and Grade 4 (Towards A Comprehensive School Health Program: Elementary Health Curriculum Guide) Health Curriculum Guides.

Grade 3 outcomes discussed

4.0 Know the benefits of eating whole foods and the potential adverse health effects of processed foods

5.0 Use tools to select healthy food and beverage snack items

Grade 4 nutrition objectives discussed

- Understand that a variety of foods provide adequate amounts of these nutrients
- Describe a nutritious lunch or snack

Optional material

- My Healthy Plate worksheet (English or French)

Presentation outline

1. Introduction (2-3 minutes)
2. Discussion: What are whole foods and processed foods? How do they affect our health? (10 minutes)
3. Discussion: Canada's Food Guide, including food groups, and making healthy choices with the Eat Well Plate (10 minutes)
4. Activity: Designing meals and snacks using the Eat Well Plate (10 minutes)
5. Summary

For more information, please contact:

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