



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

# Healthy Eating: Know All About It

## Grade 6 Teacher Guide

Content has been adapted from the Department of Education Grade 6 Health Curriculum Guide (Towards A Comprehensive School Health Program: Elementary Health Curriculum Guide).

### **Grade 6 nutrition objective discussed**

7. Discuss how food choices are affected by many factors including culture, tradition, religion, food availability, eating patterns and habits, and social influences and customs

### **Optional material**

- 'Healthy Eating Action Plan' worksheet (English)

### **Presentation outline**

1. Introduction (2-3 minutes)
2. Discussion: How our food environment influences what we eat (10 minutes)
3. Discussion: Canada's Food Guide healthy eating habits (5-10 minutes)
4. Discussion: SMART goals and examples using eating behaviors (5-10 minutes)
5. Activity: Healthy Eating Action Plan example (10 minutes)
6. Summary

For more information, please contact:

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