



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Healthy Eating Everyday

Kindergarten Teacher Guide

Content has been adapted from the Department of Education Kindergarten Health Curriculum Guide (2021) outcomes.

Kindergarten outcome discussed

18.0 Understand that healthy foods, as defined by Canada's Food Guide, give the body energy and help it grow.

Optional material

- Healthy Eating Everyday activity sheet (English or French)

Presentation outline

1. Introduction (2-3 minutes)
2. Video: The healthy eating song (2 minutes)
3. Discussion: Healthy foods and drinks for everyday: an introduction to Canada's Food Guide. (10 minutes)
4. Song: Trying new foods (1-2 minutes)
5. Discussion and Game: Food Faces (10 minutes)
6. Summary

For more information, please contact:

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