



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

# Food and our Body

## Grade 1 Teacher Guide

Content has been adapted from the Department of Education Grade 1 (2021) and 2 (2011, interim edition) Health Curriculum Guide outcomes.

### Grade 1 outcomes discussed

- 19.0 Understand that eating a variety of foods from Canada's Food Guide helps bodies grow healthy and stay strong
- 21.0 Develop an awareness of the importance of trying new foods
- 22.0 Understand the benefits of eating a healthy breakfast

### Grade 2 outcomes discussed

- 1.4 Understand that healthy eating promotes healthy teeth and gums
- 2.2 use *Eating well with Canada's Food Guide* to develop an awareness of the variety of foods available within a food group

### Optional material

- Make a Plate worksheet (English or French)

### Presentation outline

1. Introduction (2-3 minutes)
2. Discussion: How foods and drinks help the body (2 minutes).
3. Trivia Game: Healthy Foods, Healthy Bodies (10 minutes)
4. Discussion: Canada's Food Guide (5-10 minutes)
5. Game: Food group sorting on Canada's Food Guide Eat Well Plate (10 minutes)
6. Questions

For more information, please contact:  
Amanda O'Brien, RD  
Nutrition Education Coordinator  
School Milk Foundation of Newfoundland and Labrador  
amanda@schoolmilknl.ca