



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

# My Plate

## Grade 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 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 choices with the Eat Well Plate (10 minutes)
4. Activity: Designing meals and snacks using the Eat Well Plate (10 minutes)
5. Questions

For more information, please contact:

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