



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

All About Food

Grade 5 Teacher Guide

Content has been adapted from the Department of Education Grade 5 Health Curriculum Guide (Towards A Comprehensive School Health Program: Elementary Health Curriculum Guide).

Grade 5 nutrition objectives discussed

2. Describe the relationship between food variety, nutrients, and meal planning.
5. Understand the relationships that exist between certain health problems and nutrition
7. Read and interpret basic information on food labels

Optional material

- Be a Food Detective worksheet (English)

Presentation outline

1. Introduction (2-3 minutes)
2. Discussion: What is a recommended pattern of eating? An in depth look at Canada's Food Guide food groups and its messaging. Brief discussion on limiting processed foods, and making water your drink of choice (15-20 minutes)
3. Lecture: Label reading. A look into the Nutrition Facts Table and Ingredient List (12-15 minutes)
4. Activity: Label reading comparisons (5-10 minutes)
5. Questions

For more information, please contact:

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