



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

## Food and our Body: Part 2

### Grade 2 Presentation Guide 2022-2023

Adapted from the Department of Education Grade 2 Health Curriculum Guide 2022.

#### Outcomes included

- 15.0 Examine practices that contribute to physical and mental health.
- 17.0 Use Canada's Food Guide to explore messaging about food variety and water.
- 17.1 Recognize that breastfeeding is the unequalled way to feed infants and young children.

#### Optional materials

- Food Variety worksheet (English or French)

#### Presentation outline

1. Introduction. (2 minutes)
2. Activity: Trivia game based on foods, food variety in food groups, and drinking water. (10 minutes)
3. Discussion: Canada's Food Guide (5-10 minutes)
4. Discussion: Benefits of drinking water (5 min)
5. Activity: Foods that can be eaten in various ways using Jamboard (5-10 minutes)
6. Questions (1-10 minutes)

For additional information, please contact our Nutrition Education Coordinator, Amanda O'Brien, RD [amanda@schoolmilknl.ca](mailto:amanda@schoolmilknl.ca)