



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

My Plate: Part 1

Grade 3 Presentation Guide 2023-2024

Adapted from the Department of Education Grade 3 Health Curriculum Guide 2022.

Outcomes included

- 15.0 Use Canada's Food Guide to choose healthy food and beverage options.

Optional material

- 'My Plate' worksheet (English or French)

Outline

1. Introduction. (2 minutes)
2. Discussion: Canada's Food Guide Eat Well Plate. (10-15 minutes)
3. Activity: Examining pictures showing Canada's Food Guide food group variety. Questions will be posed to students to encourage them to take a closer look at the individual food groups, the foods they contain, and the variety within. (10-15 minutes)
4. Questions. (1-10 minutes)

For additional information please contact our Nutrition Education Coordinator, Claire Tanner, RD claire@schoolmilknl.ca