



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Food and Eating: Know All About It

Grade 6 Teacher Guide

Content has been adapted from the Department of Education Grade 6 Health Curriculum Guide (Towards A Comprehensive School Health Program: Elementary Health Curriculum Guide).

Grade 6 nutrition objective discussed

7. Discuss how food choices are affected by many factors including culture, tradition, religion, food availability, eating patterns and habits, and social influences and customs

Optional material

- 'Eating Action Plan' worksheet (English)

Presentation outline

1. Introduction (2-3 minutes)
2. Discussion: How our food environment influences what we eat (10 minutes)
3. Discussion: Eating well is about more than the food you eat (from Canada's Food Guide) (5-10 minutes)
4. Discussion: SMART goals and examples using eating behaviors (5-10 minutes)
5. Activity: Action Plan example (5 minutes)
6. Questions

For more information, please contact:

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