



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Eating Everyday

Kindergarten Teacher Guide

Content has been adapted from the Department of Education Kindergarten Health Curriculum Guide (2021) outcomes.

Kindergarten outcome discussed

18.0 Understand that healthy foods, as defined by Canada's Food Guide, give the body energy and help it grow.

Optional material

- Eating Everyday activity sheet (English or French)

Presentation outline

1. Introduction (2-3 minutes)
2. Discussion: Foods and drinks for everyday: an introduction to Canada's Food Guide. (7-10 minutes)
3. Discussion: Trying new foods (1-2 minutes)
4. Game: Food Faces (5-10 minutes)
5. Questions

For more information, please contact:

Claire Tanner, RD
Nutrition Education Coordinator
School Milk Foundation of Newfoundland and Labrador
claire@schoolmilknl.ca