



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

## My Plate: Part 2

### Grade 4 Teacher Guide

Adapted from the Department of Education's *Enlightened Digital Curriculum*.

#### **Indicators included:**

Understand that eating a variety of foods can support well-being.

Describe the relationship between eating a variety of food and supporting well-being.

#### **Optional worksheet:**

- *Make a Meal*

#### **Presentation outline :**

1. Introduction (2-3 minutes)
2. Discussion: What are whole foods and processed foods? How do they affect our health? (10 minutes)
3. Discussion: *Canada's Food Guide Plate*, including food groupings, and food choices within (10 minutes)
4. Activity: Designing meals and snacks using the *Canada's Food Guide Plate* (10 minutes)
5. Questions

For more information, please contact:

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