



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

All About Food

Grade 5 Teacher Guide

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

Indicators included:

Explore key messages in Canada's Food Guide.

Optional worksheet:

- *Be a Food Detective*

Presentation outline:

1. Introduction (2-3 minutes)
2. Discussion: What is a recommended pattern of eating? An in depth look at *Canada's Food Guide* food groupings and its messaging. Brief discussion on limiting processed foods, and making water your drink of choice (15-20 minutes)
3. Lecture: Label reading. A look into the Nutrition Facts Table and Ingredient List (12-15 minutes)
4. Activity: Label reading comparisons (5-10 minutes)
5. Questions

For more information, please contact:

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