



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Food and Eating: Know All About It

Grade 6 Teacher Guide

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

Indicators included:

Practice food acquisition and preparation skills.

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 worksheet:

- *Eating Action Plan*

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: Group SMART goal example (5 minutes)
6. Questions

For more information, please contact:

Ryan Bessey, BHKR, BEd
Nutrition Education Coordinator
School Milk Foundation of Newfoundland and Labrador
ryan@schoolmilknl.ca