



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

Eating Everyday

Kindergarten Teacher Guide

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

Indicators included:

Understand that eating a variety of foods can give the body energy and help it grow.

Optional worksheet:

- *Eating Everyday*

Presentation outline:

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

For more information, please contact:

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