

CREATE A HEALTHY PLATE

Enjoy a rainbow of colourful
and nutritious foods

What you'll need:

- Clue cards (see page 2)
- Grocery store flyers or food from your cupboards
- Scissors and glue (optional)
- Paper
- Pencil crayons, markers or crayons

Create:

1. Together with a grownup, read the clue cards on page 2 to learn about the different food groups. Then, check out the Learn section to see how much of each food group to include on your plate.
2. Look through some grocery store flyers. What different items from the flyers could you use to build a healthy snack or meal? Be sure to find items from each food group: fruits and vegetables, protein foods and whole grains.
3. With help from a grownup, cut out some items from the flyers. Then, glue them to a piece of paper to create a healthy plate. Don't want to cut anything out? No problem! Get creative and draw your healthy plate instead!
4. Is it snack time? If your belly is grumbling, have a look at what's in your cupboards or fridge to see what healthy foods you can find to build a healthy plate!



Play:

A **dietitian** is an expert on food and nutrition. Dietitians help children and grownups make healthy food choices to nourish their bodies. You learned a lot about creating balanced meals and snacks today—do you think you could be a dietitian one day? Even if you're not a dietitian, you can still help your family and friends learn how to make healthy food choices!

There's no limit to the number of healthy foods you can create! Try making new recipes that are yummy and nutritious. Remember to combine different food groups to create meals and snacks that fill your belly, give you energy and help you grow. Draw your ideas on paper, or ask a grownup to help you make new creations for some fun taste-testing!



CLUE CARDS

FRUITS AND VEGETABLES

Fruits and vegetables include fresh, canned or frozen fruits and vegetables like broccoli, lettuce, celery, kale, squash, bananas, pears, apples, lychee, kiwis, blueberries and much more.

Fruits and vegetables have fibre, like whole grains, as well as many vitamins that help our bodies stay healthy.



PROTEIN FOODS

Protein foods include animal-based products, like lean meat, fish, chicken, eggs and lower-fat milk, yogurt and other dairy, as well as plant-based foods like tofu, nuts (like cashews, walnuts and pecans), seeds (like chia, pumpkin and sunflower seeds) and beans (like kidney, lima and garbanzo beans).

Protein helps our bodies heal and build muscles.



WHOLE GRAINS

Foods made from whole grains include brown rice, bread, cereals, pasta, oats and quinoa.

Whole-grain foods have lots of fibre, which helps us feel full for longer. It also helps our bodies go to the bathroom regularly!



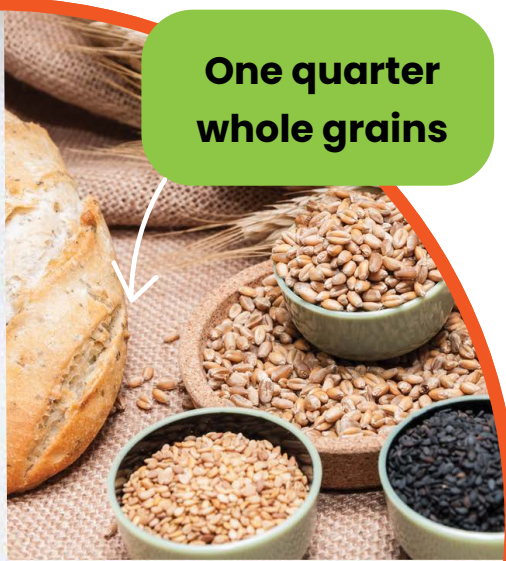
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Learn:


In 2019, Canada's Food Guide introduced new nutrition guidelines in the form of a food guide plate. To build each meal (or snack) with these guidelines in mind, your plate should look like this:



Half fruit and/or vegetables



One quarter whole grains



One quarter protein foods

You can find lots of different types of fresh fruits and vegetables at the grocery store. Frozen, canned or dried foods (such as beans) are also great options when fresh food is out of season. Canada's Food Guide also recommends choosing plant-based proteins when you can. And of course, it's important to drink lots of water!

Another way to enjoy food is to try things from different cultures, including your own and others. Canada is a very diverse place, with people from over 250 ethnic origins across the country. There are many different types of tasty, healthy food you can try!

To learn more about creating healthy meals and snacks, including advice about portion sizes for kids, check out the plate guidelines from Canada's Food Guide.



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