



SCHOOL MILK FOUNDATION  
OF NEWFOUNDLAND AND LABRADOR

## Food and our Body: Part 2

### Grade 2 Teacher Guide

Adapted from the Department of Education's *Health 2 Curriculum Guide 2022*.

#### Outcomes included:

- 15.0 Examine practices that contribute to physical and mental health.
- 17.0 Use *Canada's Food Guide* to explore messaging about food variety and water.
- 17.1 Recognize that breastfeeding is the unequalled way to feed infants and young children.

#### Optional worksheet:

- *Food Variety*

#### Presentation outline:

1. Introduction (2 minutes)
2. Activity: Trivia game based on foods, food variety in food groupings, and drinking water (10 minutes)
3. Discussion: *Canada's Food Guide Plate* (5-10 minutes)
4. Discussion: Benefits of drinking water (5 min)
5. Activity: Foods that can be eaten in various ways using Canva White Board (5-10 minutes)
6. Questions

For more information, please contact:

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