



SCHOOL MILK FOUNDATION
OF NEWFOUNDLAND AND LABRADOR

My Plate: Part 1

Grade 3 Teacher Guide

Adapted from the Department of Education's *Health 3 Curriculum Guide 2022*.

Outcome included:

15.0 Use *Canada's Food Guide* to choose healthy food and beverage options.

Optional worksheet:

- *My Plate*

Presentation outline:

1. Introduction (2 minutes)
2. Discussion: *Canada's Food Guide Plate* (5 minutes)
3. Activity: Food memory game. Examining pictures showing *Canada's Food Guide* food grouping variety, students will be given 30 seconds to review a photo with foods from each food group and recall as many as they can. Discussions about new or unfamiliar foods will be encouraged, questions will be posed to students to encourage conversations around different types of food exposures (how/where food grows, trying new food, food groupings, etc). (10-15 minutes)

Activity 2: Food "I Spy". Students will be asked to identify zoomed-in photos of food from different food groups that were presented in the previous activity. Students will be asked to identify the food and what food group it belongs to. Questions will be posed to students to encourage them to take a closer look at the individual food groupings, the foods they contain, and the variety within. (10-15 minutes)

4. Questions (1-10 minutes)

For more information please contact:

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