

Grade 3: Where in the World?

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Primary Grades
- *Eating Well with Canada's Food Guide. A Resource for Educators and Communicators.* Available free from www.healthcanada.gc.ca/foodguide or from your local public health unit/department.
- How to use My Food Guide Interactive Tool at www.healthcanada.gc.ca/foodguide to create food guides from different cultures.
- Awareness of the cultural food guides, and the languages they are available in (if required). *Cultural Canada's Food Guide to Healthy Eating* (available free at action.web.ca/home/nutritio/readingroom_details.shtml?x=80800, www.nutritionrc.ca)

Note: The cultural food guides are under revision to reflect the new *Canada's Food Guide*.

Resources required

- Cultural adaptations of *Canada's Food Guide*. Note: The cultural food guides are under revision to reflect the new *Canada's Food Guide*.
- *Canada's Food Guide* (available free from www.healthcanada.gc.ca/foodguide or from your local public health unit/department).
- *My Food Guide* at www.healthcanada.gc.ca/foodguide.

Instructions

Option 1:

- Supply students with food guides from different cultures.
- Have them compare vegetables and fruit from the different cultures. Note vegetables and fruit that are common to food guides and those that are unique.
- Ask them to identify different vegetables and fruit and where in the world they would grow.
- Have students do research on an exotic vegetable or fruit from another culture.



Instructions (cont'd)

Option 2:

- Use the *My Food Guide Interactive Tool* at www.healthcanada.gc.ca/foodguide to show students how to create a food guide for one or more different cultures. Click on *My Food Guide*.
- Discuss the foods that are unique to the culture(s). Have students choose foods to include in each food group.
- Discuss the different vegetables and fruit. Ask if anyone has every tried them.
- Select a language and preview the completed *My Food Guide*. Print copies if you wish.

Option 3:

- Ask if anyone has ever tried the vegetables and fruit found in the different guides.
- Ask if they liked them.
- Have the students place the vegetables and fruit in their appropriate colour category:
 - Red
 - Yellow/Orange
 - Green
 - Blue/Purple
 - White/Tan/Brown

Option 4:

- Have a discussion with the class about why it is important to choose from all five colour groups (variety, etc). Ask them to talk about the benefits.
- Ask how healthy food contributes to healthy bodies.
- Have the students talk about the way they feel after they eat healthy meals and snacks with lots of vegetables and fruit.

Option 5:

- Offer students the opportunity to experience the different cultural and exotic vegetables and fruit (Conduct similar activity to the What's in the Bag? kindergarten activity). Invite interested parents to purchase a few of each for the class to try. Be sensitive to families with financial concerns.

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for hands-on activities with real vegetables and fruit

Grade 3: Vegetables and Fruit: Mix and Match

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Resources required

- Assorted grocery store flyers

Instructions

- Distribute the grocery store flyers and have students cut out examples of vegetables and fruit in their different forms (eg, whole, fresh, frozen, canned, dried, cooked). Include examples from all five colour groups including:
 - red,
 - yellow/orange,
 - green,
 - blue/purple, and
 - white/tan/brown.
- Arrange the vegetable and fruit pictures on a table so all students can easily see them.
- Divide the class into five teams and assign each team to a colour group. Have each team sort through the vegetable and fruit pictures and group them according to their skin colour. In a group discussion, have each team reveal what they grouped together and why.
- Ask the students if they can think of any other vegetables or fruit not represented in the pictures, and which colour group they would fall into.
- End the class with a discussion of the importance of following *Canada's Food Guide*, emphasizing variety between food groups and within food groups. Emphasize the benefits of eating from all five colour groups in the vegetables and fruit food group.
- Discuss the importance of incorporating variety into their diets as a way to get the different nutrients their bodies need to grow, learn and be active. Explain that fresh, frozen, canned and dried vegetables and fruit all help towards meeting the daily amount of vegetables and fruit recommended by *Canada's Food Guide*.

Note: Using real vegetables and fruit enhances this activity. Refer to Section 2.6 Vegetables and Fruit Busy Box for hands-on activities with real vegetables and fruit.