

Grade 6: Vegetables and Fruit! Read All About 'Em

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Junior Grades
- Definitions of 'everyday foods' and 'sometimes foods' available in *Discover Healthy Eating! A Teacher's Resource for Grades 1-8*. Background information (Grades 4-6), available free at http://www.toronto.ca/health/dhe_index.htm or from your local public health unit/department.
- Understand the 'balanced diet' and how it relates to *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.
- Understand what is meant by the VITALITY Approach. *The VITALITY Approach: A Positive Approach to Healthy Living* available free at www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/positive_approach_approche_sain_e.html

Resources required

- Activity: Reporter's Notebook (provided) and The Healthy Digest – Vegetables and Fruit! Read All About 'Em (provided)
- *Canada's Food Guide* (available free from www.healthcanada.gc.ca/foodguide or from your local public health unit/department).

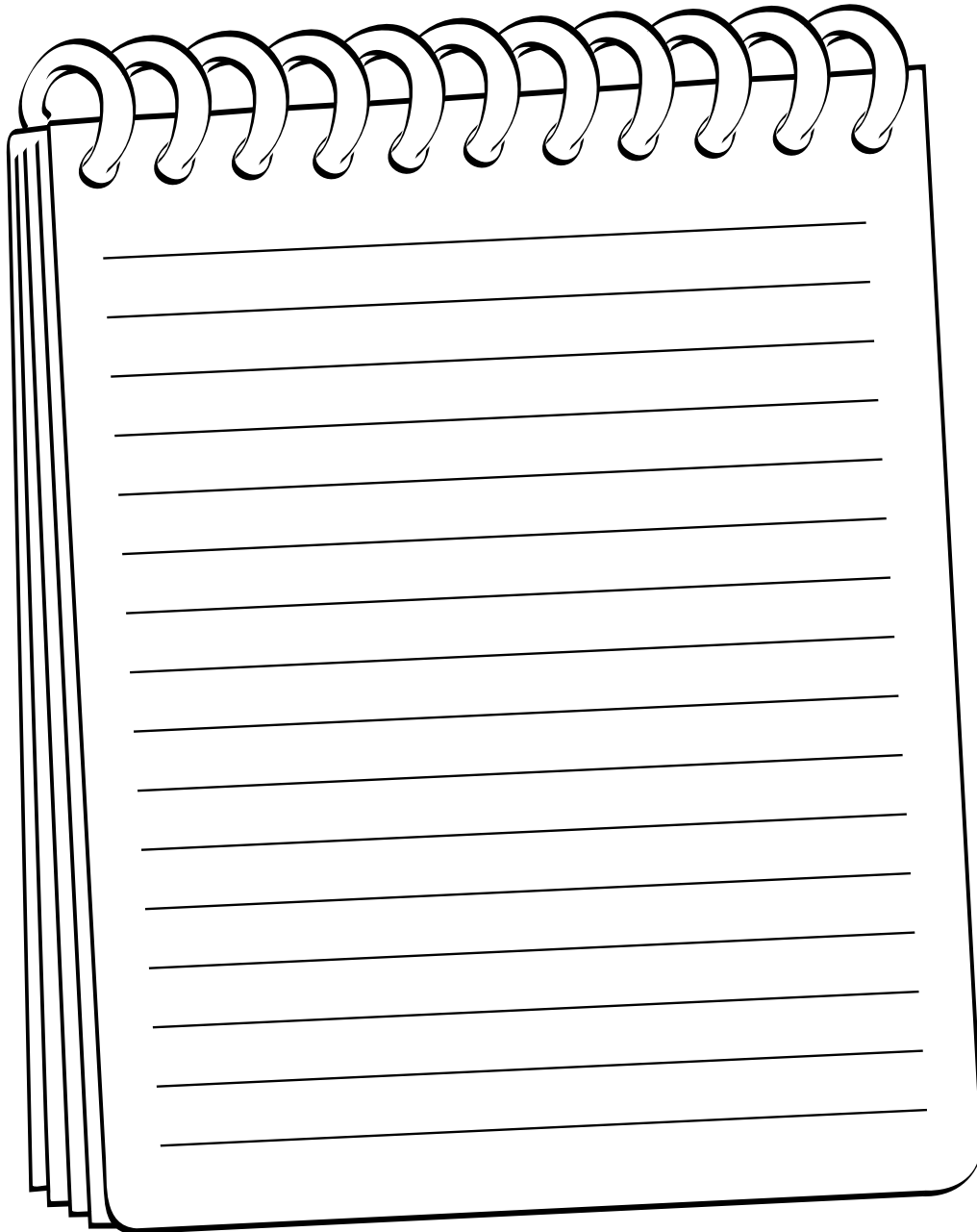
Instructions

- Briefly discuss *Canada's Food Guide* highlighting the four food groups and the importance of each group. Review the importance of eating vegetables and fruit every day.
- Engage students in a discussion regarding the differences in food intake in different environments. Ask them to compare their intake of food at home with the food they eat at a friend's house, at school, at a birthday party or at a restaurant.
- Have students write a news story about their eating habits in different situations. Provide students with the Reporter's Notebook to help guide them in writing their articles. Have the students answer the questions provided to prompt them about what to include in their news story. Provide students with The Healthy Digest – Vegetables and Fruit! Read All About 'Em to write the final copy.

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

Activity: Reporter's Notebook

1. Why are vegetables and fruit good for you?
2. Which vegetables and fruit are your favourites and why?
3. Are vegetables and fruit available at special occasions (like birthday parties)?
4. If you were to suggest a fun vegetable or fruit dish, what would it be?



Adapted from Iowa Nutrition Network Pick a better snack and act January activity – Grade 4-5; Focus on Fruits



Paint Your Plate! Create a Masterpiece
Vegetables and Fruit Action Guide for Schools
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