

Grade 7: You Are What You Eat!



What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Intermediate Grades
- 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/hpfb-dgpsa/onpp-bppn/vitality_approach_e.html
- Background nutrition information on vegetables and fruit:
 - *Colour It Up... Go for More Vegetables and Fruit: A-Z Vegetable Guide* available at www.colouritup.ca
 - Canadian Produce Marketing Association's website at http://www.cpma.ca/en_hea_vegetables.asp and http://www.cpma.ca/en_hea_fruits.asp

Resources required

- Healthy Eating is in Store for You. FAQ Sheet #3 The importance of nutrients. Available at http://www.healthyeatinginstore.ca/pdf/ENG_BW_FAQ.pdf

Instructions

- Discuss with students the importance of eating according to *Canada's Food Guide* in order to be physically active and have positive self-esteem. Review the Balanced VITALITY Approach with students. Ask for their thoughts about this.
- Ask the students to name some of the benefits of eating according to *Canada's Food Guide* (eg, to get the nutrients we need in the right amounts without the extra fat, sugar, and salt).
- Talk about the different nutrients the body needs in order to be physically active and healthy (eg, iron, carbohydrates, water, potassium, vitamin A, vitamin C, calcium). Ask why they are important.
- Provide students with the FAQ Sheet #3. Have them do research to identify the nutrients found in their favourite vegetables and fruit. Have them describe why it is important that we eat these foods, and some of the roles these nutrients play in achieving health.

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