

Healthy Living Unit #1 Healthy Eating

Lesson #1 Making Healthier Food Choices

By the end of the lesson
students will be able to:

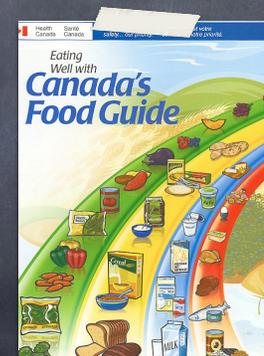
- ③ Apply health knowledge and living skills to make healthier food choices.
- ③ Identify Healthy Food choices according to the Canada's Food Guide

Healthier Food Choices Are...

- ③ follow Eating Well with Canada's Food Guide,
- ③ eat appropriate portion sizes
- ③ satisfy your thirst with water,
- ③ limit foods and beverages high in calories, fat, sugar or salt
- ③ drink skim, 1% or 2% milk each day, drink fortified soy beverage if you do not drink milk,
- ③ select lean meat and alternatives prepared with little or no added fat or salt

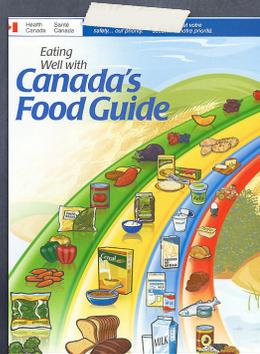
Canada's Food Guide

- ③ What is it??



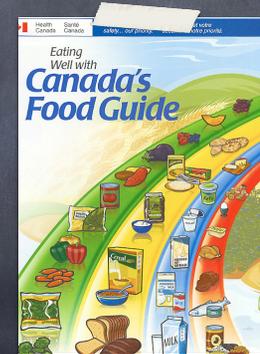
Canada's Food Guide

- ④ A tool used to establish healthy eating habits through the daily selection of food



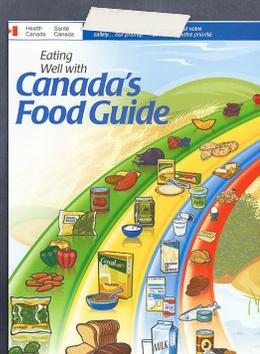
Canada's Food Guide

- ④ Canada's Food Guide describes the amount and types of food considered to be part of a healthy eating pattern.
- ④ This type of pattern helps individuals meet their nutrient needs, reduce their risk of chronic disease and achieve overall health and vitality.



Canada's Food Guide

- ④ the rainbow design is to help communicate that the different sizes of the arcs represent the proportion of each food group in a healthy eating pattern.
- ④ Canada's Food Guide recommends enjoying a variety of foods from each of the four food groups: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.



Vegetables and Fruit

- ④ Eat at least one dark green and one orange vegetable each day.
- ④ Dark green vegetables are important sources of Vitamin B. Examples include broccoli, spinach, romaine lettuce, green beans, brussels sprouts.
- ④ Orange vegetables are rich in carotenoids, which the body converts to vitamin A. These foods include carrots, squash and sweet potatoes.

Vegetables and Fruit

- ④ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- ④ Most vegetables and fruit are naturally low in fat.
- ④ Examples of higher-fat choices include French fries, onion rings, salads with large amounts of dressing, and fruit served with cream.
- ④ Choose fresh fruit, unsweetened frozen fruit or fruit packed in water or juice. Look at the nutrition facts table on the package to find the amount of fat and salt (sodium) in prepared and packaged vegetables.

Vegetables and Fruit

- ④ Have vegetables and fruit more often than juice.
- ④ Vegetables and fruit contain fibre, while their juice contains little to none.
- ④ Fibre can help you feel full and satisfied. Youth should be encouraged to try a variety of vegetables and fruit.

Grain Products

- ④ Make at least half of your grain products whole grain each day.
- ④ Whole grains and whole-grain foods are composed of all three layers of the grain seed or kernel:
- ④ The bran (outer layer) provides all of the fibre as well as B vitamins, minerals and some protein.
- ④ The endosperm (middle layer) accounts for the majority of the weight of the grain and is composed mostly of carbohydrate and protein.
- ④ The germ (inner layer) provides B vitamins, unsaturated fats, vitamin E, and minerals
- ④ Examples of whole grains include brown rice, pot barley, whole oats or oatmeal, whole-grain wheat and whole rye. You can find out if a product is made with whole grain by reading the ingredient list on

Grain Products

- ④ Choose grain products that are lower in fat, sugar or salt.
- ④ Baked goods (such as cakes, croissants, doughnuts, pastries, pies and most cookies and muffins) will add extra calories, fat, sugar and/ or salt (sodium) to the diet and should be limited. These foods are typically low in fibre and are not usually made with whole grains.
- ④ Use the ingredient list and nutrition facts table on food labels to compare products and make informed choices.

Milk and Alternatives

- ③ Drink skim, 1% or 2% milk each day.
- ③ Everyone should drink two cups of low-fat milk each day to obtain adequate vitamin D.
- ③ Drinking low-fat milk is an effective way to consume protein, calcium, magnesium, vitamin A, vitamin B12, vitamin D and zinc while minimizing the amount of saturated fat and calories consumed.

Milk and Alternatives

- ③ Select lower-fat milk alternatives.
- ③ Lower-fat yogurts are those with 2% milk fat (M.F.) or less.
- ③ Lower-fat cheeses have 20% M.F. or less.
- ③ Selecting these lower-fat products helps to reduce saturated fat intake.

Meat and Alternatives

- ③ Have meat alternatives such as beans, lentils and tofu often.
- ③ Beans, lentils and tofu are sources of protein, fibre and folate.
- ③ Eating more of these meat alternatives helps to minimize the amount of saturated fat in the diet.

Meat and Alternatives

- ③ Eat at least two servings of fish each week.
- ③ Fish is a great source of protein. It is low in saturated fat, with some types containing omega-3 fatty acids.
- ③ help reduce the risk of cardiovascular disease.
- ③ Fish should be cooked using lower-fat preparation methods, such as baking or broiling.
- ③ Deep-fried fish or fast-food fish sandwiches do not offer the same cardiovascular benefits.

Meat and Alternatives

- ④ Select lean meat and alternatives prepared with little or no fat.
- ④ Canada's Food Guide emphasizes lean cuts of meat and skinless poultry to minimize the amount of saturated fat in the diet.
- ④ Lean meat, poultry and fish become higher-fat choices once they are fried, deep fried or served with higher-fat sauces.
- ④ Canada's Food Guide recommends baking, broiling, poaching or roasting meats and allowing the fat to drain off.