

A HEALTHY LUNCH BOX

STUDENT BOOK: Chapter 6, pp. 160–166

CONCEPTS: TYPES OF FOOD

METHOD: EMPIRICAL

The latest edition of Canada's Food Guide, published by Health Canada in February 2007, emphasizes the four major food groups. It provides information on food choices suited to your age, state of health, needs and personal preferences. It is a big help in putting together a healthy lunch-box menu.

IDENTIFYING THE RESEARCH SUBJECT

Read pp. 160–166 in your student book for help in answering the following questions.

1. In the following table, write the different categories of nutrients and the roles they play in the human organism.

Role of nutrients in the human organism

[illegible]

Name: _____ **Group:** _____ **Date:** _____

Role of nutrients in the human organism (*continued*)

[illegible]

- 2. Name the four food groups.**

- ### 3. What information does the Nutrition Facts food label provide?



Name: _____ Group: _____ Date: _____

PLANNING YOUR RESEARCH

4. According to *Canada's Food Guide*, what is the recommended daily intake for your age and sex? Indicate portion number and size for each food group.

Age: _____

Sex: _____

***Canada's Food Guide* recommendations**

Food group	Number of portions	Sample portion
Vegetables and fruits	_____	_____
Grain products	_____	_____
Milk and alternatives	_____	_____
Meat and alternatives	_____	_____

5. Complete the sentences below.

To put together a healthy menu for your lunch box, you need to consider:

- The _____ food groups.
- The number of _____ from each group.
- The recommendations for your _____, your _____ and your _____.

CONDUCTING YOUR RESEARCH

6. Based on your answers to questions 4–5 and the recommendations of *Canada's Food Guide*, complete the table on the following pages to make up your healthy lunch box.



Name: _____ Group: _____ Date: _____

My healthy lunch-box menu

Food group	Portion size and number	Justification of choice (according to <i>Canada's Food Guide</i> recommendations)
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Food:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Food:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Food:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Food:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Name: _____ Group: _____ Date: _____

My healthy lunch-box menu (*continued*)

Food group	Portion size and number	Justification of choice (according to <i>Canada's Food Guide</i> recommendations)
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Food:

Food:

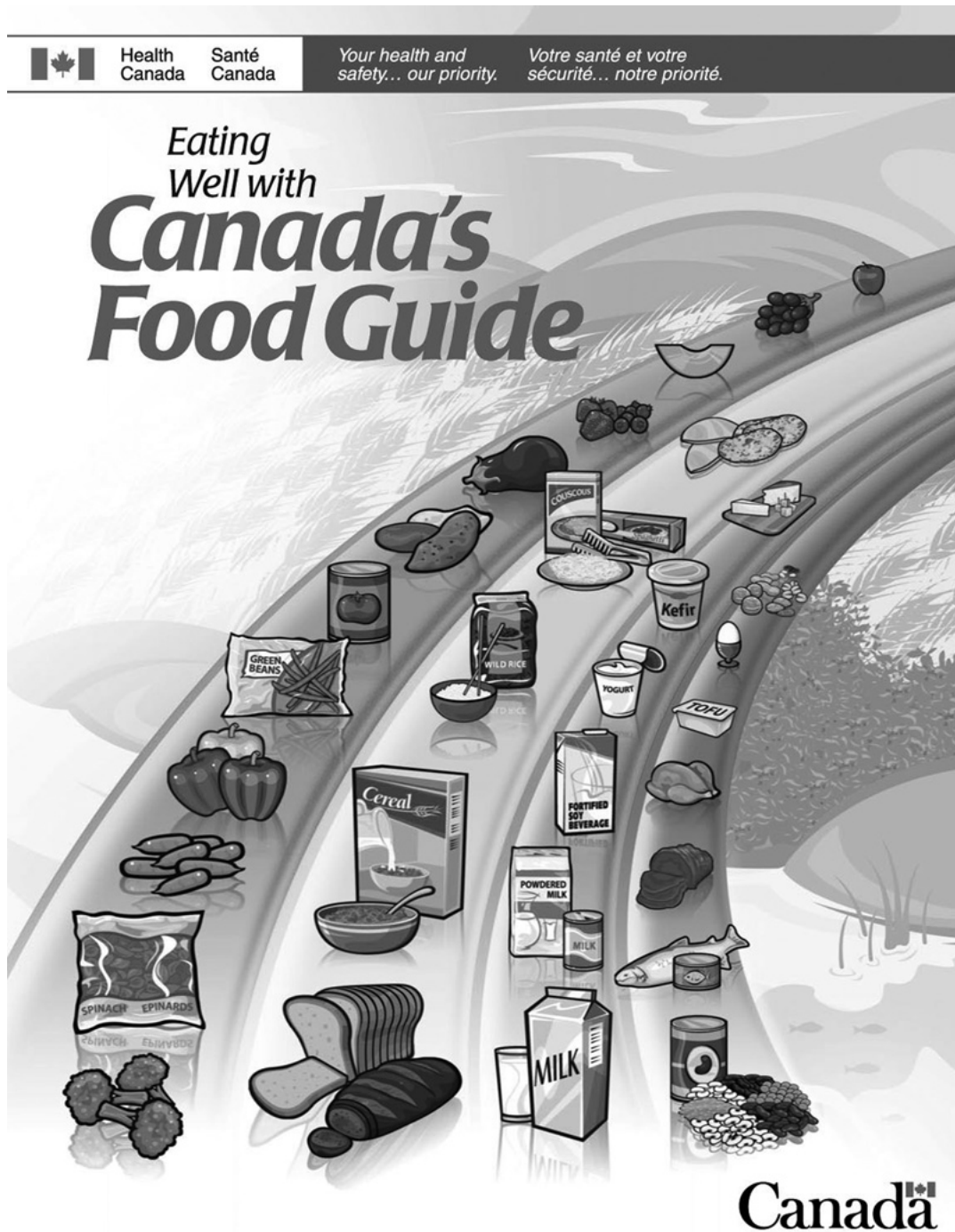
REFLECTING ON YOUR APPROACH

7. Would you use the menu you created to prepare your lunch box? If not, explain why.

8. What are the benefits of combining a healthy menu with an active lifestyle?

APPENDIX

CANADA'S FOOD GUIDE



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Canada's Food Guide (continued)

Recommended number of Food Guide servings per day									
Age in years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and boys			Females	Males	Females	Males	Females	Males
Vegetables and fruit	4	5	6	7	8	7-8	8-10	7	7
Grain products	3	4	6	6	7	6-7	8	6	7
Milk and alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many **Food Guide** servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.



Canada's Food Guide (continued)

What is one Food Guide serving?
Look at the examples below.

 Fresh, frozen or canned vegetables 125 mL (½ cup) 	 Leafy vegetables Cooked: 125 mL (½ cup)  Raw: 250 mL (1 cup) 	 Fresh, frozen or canned fruits  1 fruit or 125 mL (½ cup)	 100% juice 125 mL (½ cup) 		
 Bread 1 slice (35 g)	 Bagel ½ bagel (45 g)	 Flat breads ½ pita or ½ tortilla (35 g)	 Cooked rice, bulgur or quinoa 125 mL (½ cup) 	 Cereal Cold: 30 g Hot: 175 mL (¾ cup) 	 Cooked pasta or couscous 125 mL (½ cup) 
 Milk or powdered milk (reconstituted) 250 mL (1 cup) 	 Canned milk (evaporated) 125 mL (½ cup) 	 Fortified soy beverage 250 mL (1 cup) 	 Yogurt 175 g (¾ cup) 	 Kefir 175 g (¾ cup) 	 Cheese 50 g (1 ½ oz)
 Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.) / 125 mL (½ cup) 	 Cooked legumes 175 mL (¾ cup) 	 Tofu 150 g or 175 mL (¾ cup) 	 Eggs 2 eggs	 Peanut or nut butters 30 mL (2 tbsp)	 Shelled nuts and seeds 60 mL (¼ cup) 



Oils and fats

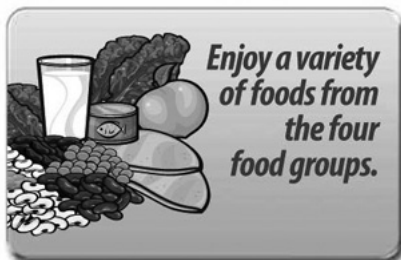
- Include a small amount—30 to 45 mL (2 to 3 tbsp)—of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans-fats.
- Limit butter, hard margarine, lard and shortening.



Canada's Food Guide (continued)

Make each Food Guide serving count ... wherever you are—at home, at school, at work or when eating out!

- ▶ **Eat at least one dark green and one orange vegetable each day.**
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
 - ▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
 - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
 - ▶ **Have vegetables and fruit more often than juice.**
-
- ▶ **Make at least half of your grain products whole grain each day.**
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
 - ▶ **Choose grain products that are lower in fat, sugar or salt.**
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.
-
- ▶ **Drink skim, 1%, or 2% milk each day.**
 - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
 - Drink fortified soy beverages if you do not drink milk.
 - ▶ **Select lower fat milk alternatives.**
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.
-
- ▶ **Have meat alternatives such as beans, lentils and tofu often.**
 - ▶ **Eat at least two Food Guide Servings of fish each week.***
 - Choose fish such as char, herring, mackerel, salmon, sardines and trout.
 - ▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**
 - Trim the visible fat from meats. Remove the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.



Canada's Food Guide (continued)

Advice for different ages and stages ...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



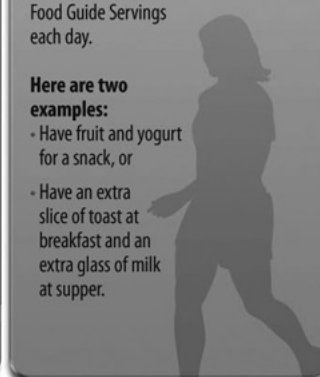
Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 vegetables and fruit Food Guide servings
75 g (2 ½ oz.) lean beef	=	1 meat and alternatives Food Guide serving
250 mL (1 cup) brown rice	=	2 Grain products Food Guide servings
5 mL (1 tsp) canola oil	=	part of your oils and fats intake for the day
250 mL (1 cup) 1% milk	=	1 milk and alternatives Food Guide serving
1 apple	=	1 vegetables and fruit Food Guide serving



Canada's Food Guide (continued)

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.



Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.



Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today ...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!



For more information, interactive tools or additional copies visit
Canada's Food Guide on line at:
www.healthcanada.gc.ca/foodguide

or contact:

Publications
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Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.