Meat and Alternatives

PEANUT BUTTER

CHICKEN

Instead of meat, you can eat fish, eggs, beans or peanut butter.

Eat meat or alternatives for a strong body.

Milk and Alternatives

YOGURT

MILK

Milk and alternatives build strong bones and teeth.

Drink milk every day.

This Food Guide Fortune Teller was produced by the Peel Nutrition Month Committee in association with Peel Health and is based on Eating Well with Canada's Food Guide.
For more nutrition information, please call Region of Peel-Public Health at (905)799-7700

Region of Peel
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Public Health

Grain Products

TOAST

SPAGHETTI

Eat whole grains.

Grain Products help you feel full and satisfied

Vegetables and Fruit

BANANA

CARROTS

Vegetables and Fruit give you vitamins.

Eat carrots, peas and oranges often.

HOW TO MAKE YOUR FOOD GUIDE FORTUNE TELLER

1. Cut along the dotted line.
2. Fold the page diagonally in half.
3. Open and fold the page diagonally in half the other way.
4. Open the page and turn the page over so that the words are face-down.
5. Fold one corner into the centre point of the page.
6. Repeat with the other corners.
7. Turn the page over.
8. Fold one corner into the centre point of the page.
9. Repeat with the other corners.
10. Fold in half.
11. Open and fold in half the other way.
12. Put your thumbs and index fingers in the square flaps.
13. Carefully squeeze the Fortune Teller together towards the centre.
14. Now you are ready to play.

Teaching Children About Eating Well with Canada's Food Guide

Notes for the Teacher

Food Guide Fortune Teller

Intended Audience: Children in Grades 3-4 (ages 8-10)

Outcomes:

1. Children will learn to fold a Food Guide Fortune Teller.
2. Children will play cooperatively in pairs with the Food Guide Fortune Teller.
3. Children will read the words and messages on the Food Guide Fortune Teller.
4. Children will learn the names of the four food groups, two foods from each food group and two facts about each food group.

How To Fold:

1. A folded sample of the Food Guide Fortune Teller is included.
2. The instructions for folding the Fortune Teller are attached to the master copy. The instructions may be difficult for some children to read. You may want to cut off the instructions from the children's copies and just show them how to fold the Fortune Teller.

How To Play:

1. The Food Guide Fortune Teller involves two players. One player holds it with his or her thumbs and index fingers. The other player directs the action.
2. Player #1 holds the Fortune Teller in the closed position and asks Player #2 to choose one of the four food groups shown.
3. Either player can spell out the food group name while Player #1 opens the Fortune Teller in one direction and then in the other direction for each letter in the word. For example, if Player #2 chooses Milk and Alternatives, which has 19 letters, then Player #1 would open the Fortune Teller 19 times.
4. Player #1 keeps the Fortune Teller open and Player #2 then chooses one of the four words displayed inside the Fortune Teller.
5. Once again, either player can spell out the word while Player #1 moves the Fortune Teller as described above.
6. Steps four and five can be repeated again if desired.
7. Player #2 again chooses one of the four words in the Fortune Teller. Player #1 opens that flap and reads the corresponding nutrition message.

Suggestions:

- ✔ The children can draw one food for each of the four groups named on the Food Guide Fortune Teller (e.g. a glass of milk can be drawn on the Milk and Alternatives flap). You may suggest that they draw their favourite food from each food group or a new food which they would like to try. They can get ideas for foods from the pictures on Eating Well with Canada's Food Guide.
- ✔ Encourage the children to consider their own traditional foods which fit into the food groups. The children can colour in the four flaps according to the colour of the food group: Grain Products - yellow; Vegetables and Fruit - green; Milk and Alternatives - blue; Meat and Alternatives - red.
- ✔ The children can make their own Food Guide Fortune Teller with names of foods and nutrition messages.

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