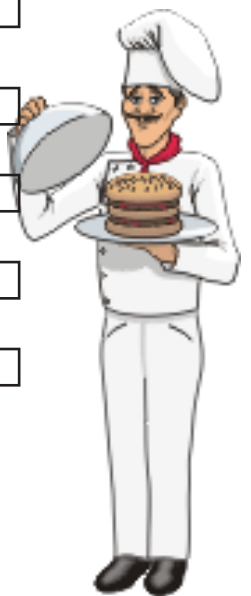


Name: _____

Why I Eat

People eat for many reasons. You may eat because you are hungry, because the food looks or smells good, because you are bored, or because you see other people eating. Read each statement below and check the box that shows the reasons you eat.

I eat when I'm:	Often	Sometimes	Almost Never
hungry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
treated unfairly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
told it's time to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Name: _____

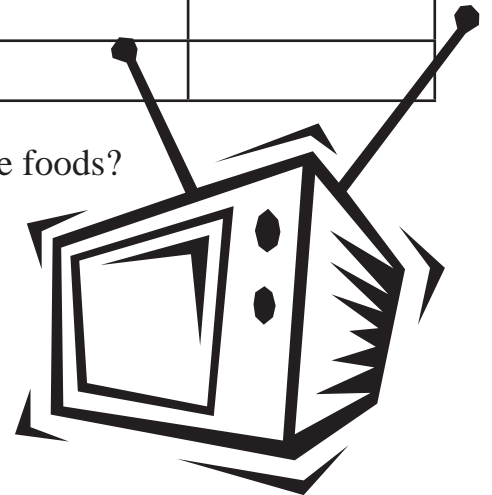
TV Food Commercial Survey

Saturday morning is one good time to do this activity. Using the table below, list three foods advertised in commercials that you see. Place check marks beside the advertising methods used to get you to buy these foods.

Food Advertised				
Advertising Method	e.g., Cheerios			
Free prize or gift				
Win a prize	✓			
Famous person/testimonial				
Humour				
New or improved				
Extra for same price				
Jingle				
Good for you	✓			
Fun to eat	✓			
Nice packaging				
You'll be happy				
You'll be popular				
Other advertising methods:				

Which of these advertising methods makes you want to eat these foods?

Why? _____



Name: _____

Body Image Word Search

Fill in the blanks with the words below.

body image
thin

later
dissatisfied

taught
stunt

calories
weight loss

rapidly
heavier

1. Between the ages of 9 and 12, your body begins growing very _____.
2. How we think we look and how we think others see us is called _____.
3. Some children may be _____ with the way certain parts of their body look.
4. Even at a young age, children are _____ to like body shapes and sizes they see in the media.
5. In other countries, people may prefer shorter and _____ body shapes than in Canada.
6. Movie stars and magazine models often have body shapes that are too _____ for good health.
7. The growth spurt for boys usually begins _____ than the growth spurt for girls.
8. Children need extra energy from food, known as _____, to help them grow.
9. If children don't eat enough food from the four food groups, they may _____ their growth.
10. It is unhealthy for people, especially children and teens, to go on _____ diets.

Search for the above words in the puzzle below. The word may be spelled backward, forward, up, down, or diagonally.

D	H	I	A	V	Y	G	O	P	A	R
I	A	V	F	A	P	I	E	H	I	X
S	T	C	A	L	O	R	I	E	S	W
S	B	A	T	L	T	A	U	A	T	E
A	B	O	L	Y	S	T	N	V	A	I
T	S	S	D	I	W	A	T	I	D	G
I	H	I	O	Y	E	Y	R	E	H	H
S	H	Y	L	D	I	P	A	R	A	T
F	E	L	A	O	G	M	I	T	A	L
I	I	A	T	H	G	U	A	T	O	O
E	P	C	E	L	E	S	O	G	T	S
D	O	E	R	T	N	U	T	S	E	S

Body Image Word Search

Answer Key

Fill in the blanks with the words below.

body image later taught calories rapidly
 thin dissatisfied stunt weight loss heavier

- Between the ages of 9 and 12, your body begins growing very **rapidly**.
- How we think we look and how we think others see us is called **body image**.
- Some children may be **dissatisfied** with the way certain parts of their body look.
- Even at a young age, children are **taught** to like body shapes and sizes they see in the media.
- In other countries, people may prefer shorter and **heavier** body shapes than in Canada.
- Movie stars and magazine models often have body shapes that are too **thin** for good health.
- The growth spurt for boys usually begins **later** than the growth spurt for girls.
- Children need extra energy from food, known as **calories**, to help them grow.
- If children don't eat enough food from the four food groups, they may **stunt** their growth.
- It is unhealthy for people, especially children and teens, to go on **weight loss** diets.

Search for the above words in the puzzle below. The word may be spelled backward, forward, up, down, or diagonally.

D	H	I	A	V	Y	G	O	P	A	R
I	A	V	F	A	P	I	E	H	I	X
S	T	C	A	L	O	R	I	E	S	W
S	B	A	T	L	T	A	U	A	T	E
A	B	O	L	Y	S	T	N	V	A	I
T	S	S	D	I	W	A	T	I	D	G
I	H	I	O	Y	E	Y	R	E	H	H
S	H	Y	L	D	I	P	A	R	A	T
F	E	L	A	O	G	M	I	T	A	L
I	I	A	T	H	G	U	A	T	O	O
E	P	C	E	L	E	S	O	G	T	S
D	O	E	R	T	N	U	T	S	E	S

Adapted from *Healthy Growth: Nutrition Lessons for 9 - 12 year old children*, Iowa State University.

Name: _____

What's the Serving Size?

Using *Canada's Food Guide*, determine the food group to which each food belongs. Then determine the amount of one serving for each of the foods.

Food	Food Group	One Serving Equals
bread	e.g., Grain Products	e.g. slice
carrot		
peanut butter		
corn flakes		
chocolate milk		
salad		
pita bread		
cheese slices		
canned tuna		
pear		
cantaloupe pieces		
apple juice		
lentils		
rice		
eggs		

What's the Serving Size?

Answer Key

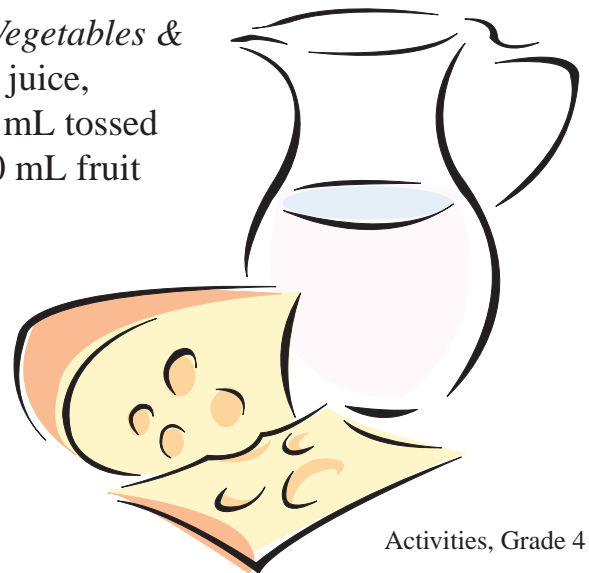
Using *Canada's Food Guide*, determine the food group to which each food belongs. Then, determine the amount of one serving for each of the foods.

Food	Food Group	One Serving Equals
bread	Grain Products	one slice
carrot	Vegetables & Fruit	one medium
peanut butter	Meat & Alternatives	30 mL or 2 tbsp
corn flakes	Grain Products	30 grams
chocolate milk	Milk & Alternatives	250 mL or 1 cup
salad	Vegetables & Fruit	250 mL or 1 cup
pita bread	Grain Products	1/2 cup
cheese slices	Milk & Alternatives	2 slices or 50 grams
canned tuna	Meat & Alternatives	1/3–2/3 can or 50–100 grams
pear	Vegetables & Fruit	one medium
cantaloupe pieces	Vegetables & Fruit	125 mL or 1/2 cup
apple juice	Vegetables & Fruit	125 mL or 1/2 cup
lentils	Meat & Alternatives	125–150 mL or 1/2–1 cup
rice	Grain Products	125 mL or 1/2 cup (250 mL or 1 cup=2 servings)
eggs	Meat & Alternatives	1–2

Name: _____

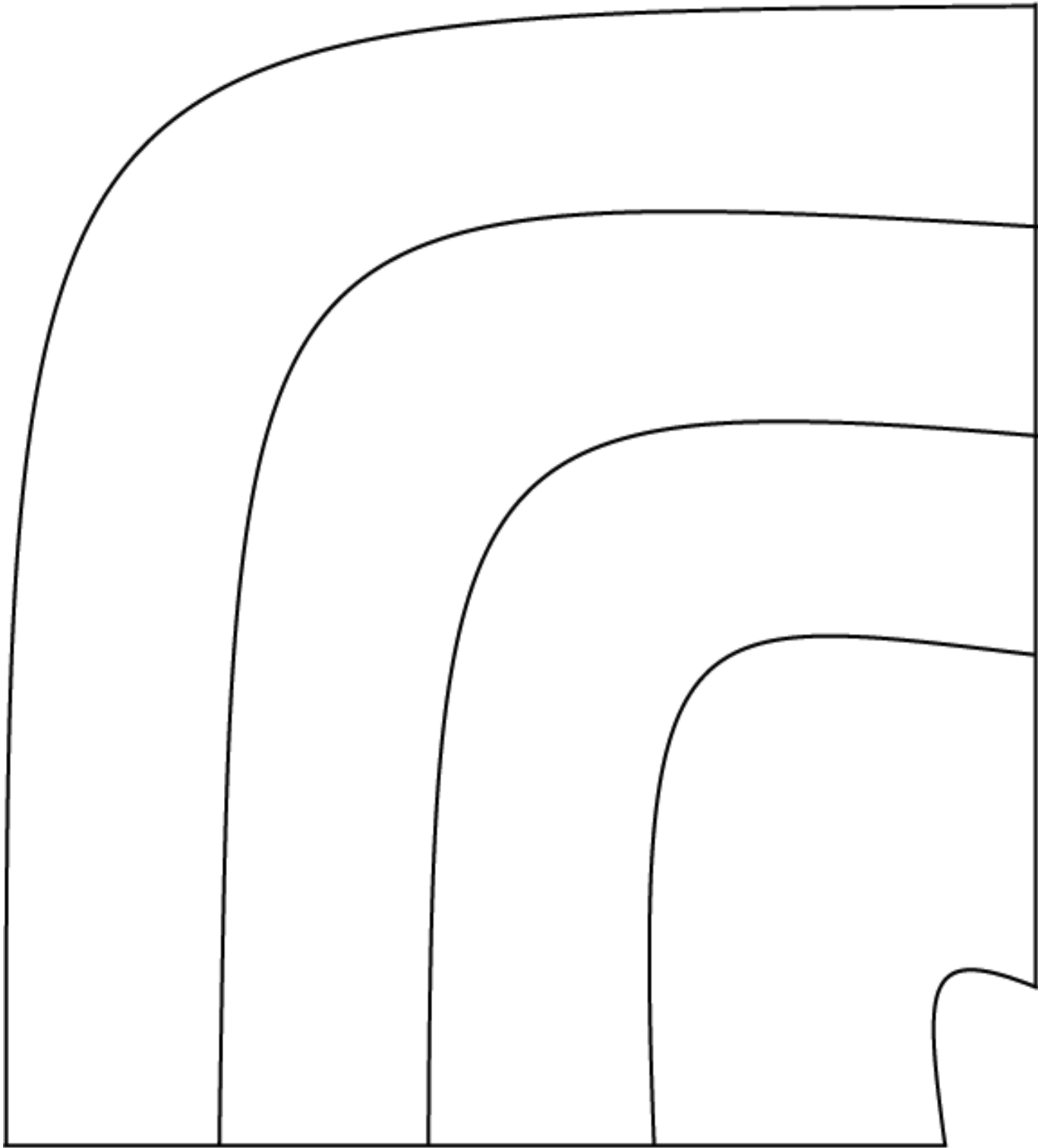
Serving Size Stumpers

1. If 60 mL of seeds equals one serving of *Meat & Alternatives*, how many servings of pumpkin seeds does the class have if they collect 180 mL when they carve their Jack-O-Lantern for Hallowe'en?
2. Pat counted all the food she ate in one day that contained milk: 125 mL milk on breakfast cereal, 250 mL milk in cream of tomato soup, a 250 mL carton of milk, and 125 mL chocolate pudding made with milk. How many servings of *Milk & Alternatives* did Pat have?
3. Raj won the pasta-eating contest at school when he ate 2 litres of spaghetti at one sitting. How many servings of *Grain Products* did Raj eat?
4. Lily wants to count the number of servings of *Vegetables & Fruit* she ate yesterday. She ate 125 mL orange juice, 1 banana, 10 strawberries (about 250 mL), 250 mL tossed salad, 1 baked potato, 125 mL broccoli and 250 mL fruit salad. How many servings did she have?



Name: _____

Personal Food Guide



Vegetables
and Fruit

Grain Products

Milk and
Alternatives

Meat and
Alternatives

Name: _____

Food Diary: What Did I Eat Yesterday?

In the first column, list the foods you ate yesterday. For each food item, write the number of servings from each food group. Use a check mark (✓) to show food items in the “Sometimes” Foods category. Total the number of servings of each food group.

Meals or Snacks	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	“Sometimes” Foods
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					
Supper					
Evening Snack					
Total Servings					No total