

Grade 1 Lesson Plan: Classify Great Lunch Foods using Canada's Food Guide

Background Information

[Eating Well with Canada's Food Guide](#) and [CFG Resource for Educators and Communicators](#)

Everyday Foods and Sometimes Foods

Key Messages

- Canada's Food Guide classifies foods into four food groups:
 1. Vegetables and Fruit
 2. Grain Products
 3. Milk and Alternatives
 4. Meat and Alternatives
- Each food group contains a variety of food items
- Everyday foods are healthy foods that fit in one of the 4 food groups.
- Sometimes foods are foods that are high in fat, salt and sugar. They can be enjoyed now and then.
- Eating healthy foods for lunch and the rest of the day will help a student's growth and learning.
- Most of the food we eat should be healthy everyday foods.

Equipment/Resources

- Class set of Eating Well with Canada's Food Guide
- Class set of Personal Food Guide Rainbow
- Writing and colouring pencils, crayons or markers
- Food pictures/flashcards of various foods (pictures on Canada's Food Guide, grocery store flyers, a set of food pictures can be ordered from Dairy Farmers of Canada (Ontario) at teachnutrition.org etc.)
NB: Avoid pictures of combined foods such as pizza, sandwiches etc. for this grade level.

Description/Instructional Strategies

Teach key messages and complete one or more of the following activities.

Activity One

- Draw the Canada's Food Guide rainbow with the food group names on a blackboard.
- Ask each student to name a food they like to eat for lunch (see combination food note below).
- Ask the student/class if the food named is an everyday food or sometimes food.
- If it is an everyday food, ask student/class which food group it belongs to. Using a drawing, picture or word, add the food in the rainbow drawing.
- If it is a sometimes food, tell students it does not fit into a CFG food group. Alternatively write the name of the sometimes food in a separate area of the blackboard.

Combination foods such as pizza, sandwiches etc. can be difficult to assess for this age level. Assist students in breaking down the components as necessary. For example, pizza and sandwiches might include:

Vegetables and Fruit: pizza: tomato sauce, pineapple, green pepper; sandwich: lettuce, tomato

Grains: pizza crust or sandwich bread

Milk and Alternatives: pizza cheese or sandwich cheese

Meat and Alternatives: pizza and/or sandwiches: chicken, beef, pork, turkey, eggs

Sometimes Foods: pizza and/or sandwiches: pepperoni, salami, ham, bacon

Activity Two

- Using simple pictures of different types of foods (instead of combination food/ meal-type pictures) that might be eaten at lunch, ask students to:
 - ✓ name the foods
 - ✓ sort foods into groups of everyday and sometimes foods
 - ✓ Place pictures of everyday foods into food group categories
 - ✓ Optional: using your own lunch bag, ask students to classify foods into the four food groups plus sometimes foods

Activity Three

- Ask students to draw a picture of a food they would like to eat for lunch, in each of the food group categories using the Great Lunch Foods activity sheet.

Accommodations/Modifications:

Ask students to draw pictures of the foods they have brought for lunch, and to classify the foods. If there are sometimes foods, remind the students these types of foods can be enjoyed occasionally.

Safety Considerations:

- Avoid classroom criticism of lunch food choices. The healthy eating definitions of everyday foods and sometimes foods have been developed to help students understand healthy eating and food selection. Encourage students to enjoy eating everyday healthy foods most of the time for meals and snacks. Students can also enjoy eating sometimes foods some of the time. It is important to avoid messages where foods are labelled as “bad” foods or “junk” food.