# Food & Nutrition

### #1 Canada's Food Guide



Identify the foods in the photograph.

Do you see patterns? Similarities, or groupings that you recognize?

Why do you think the foods are grouped this way?

Do you notice a portion pattern? (describe it)

#### #2

The Canada Food Guide was updated in January of 2019.

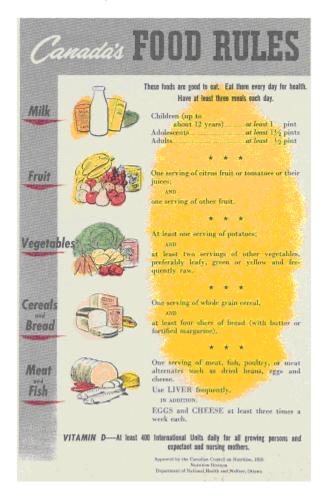
Why do you think they may have had to update the food guide every 10 or so years?

Let's take a look at how it has changed.

### Canada's Food Rules - 1944



### Canada's Food Rules - 1949





### Canada's Food Guide - 1961



#### Canada's Food Guide 1977





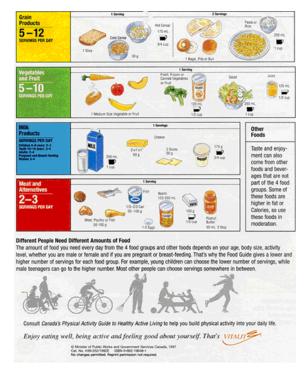
### Canada's Food Guide - 1982



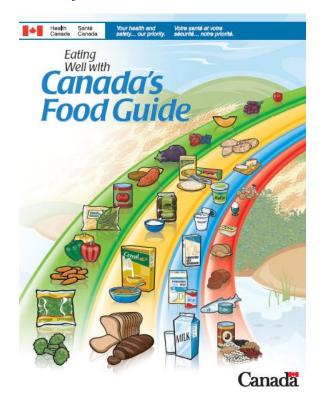


## Canada's Food Guide to Healthy Eating - 1992





### Eating Well with Canada's Food Guide - 2007





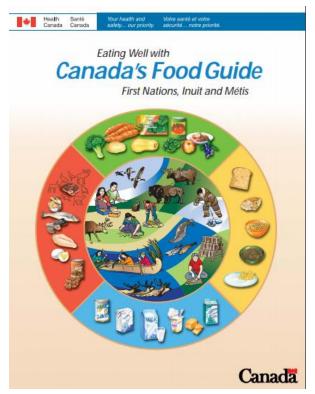


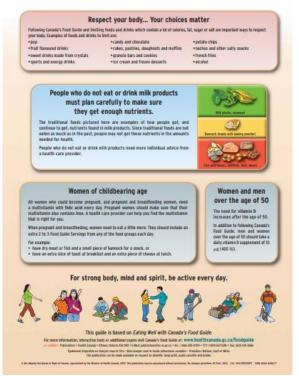
### Canada's Food Guide - 2019





### Eating Well with Canada's Food Guide - First Nations, Inuit and Metis - 2019







#### #4

Looking at the changes throughout the years what have you noticed? Are there significant changes? Or small ones? Explain, and why you think this is so?

What do you notice about the visual presentation over the years? (easier to read? More colorful? Less information? More information?). Explain.

What are the similarities? (what is the main goal or intent in all of them)

#### #5

It's important to follow a diet that is nutritious and balanced.

Eating fast food items and buying foods that contain preservatives and additives can cause us to develop health issues later in life.

Start thinking now about the foods you eat. Develop healthy eating habits now so that these habits will last a lifetime.

Benefits of a Healthy diet:

- · Good for the environment.
- Give you more energy and help you feel good.
- · Help you perform better in activities that are important to you.
- Decrease your chance of developing chronic diseases that can impact your health and well-being.

#### #6

Now is the time to start your healthy eating routine!

Being stuck at home means we have time to plan and prepare a healthy meal.

Choose a recipe and try it! You'll be surprised at how good it feels to cook for yourself and others. And how tasty home cooked meals really are.

Take a look at recipes on the internet and also cook books you may have at home. Pick one you think you and your family might like.

If you need some help, try this site:

https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html

Start to create your own recipe box! Fill it with your favourite recipes.

There are different ways to organize your recipes:

- Recipe box (DIY: https://www.shelterness.com/diy-recipe-boxes/)
- Create a Binder and write recipes on paper
- Use Pinterest to pin your favourites (pinterest.com)
- · Use Google Drive to organize your recipes
- Use an App (ChefTap, Evernote, Paprika, Pepperplate, etc.)







I hope you find time to prepare a health snack and/or meal for yourself and perhaps make something for someone else.

I'm sure your family or friends would love to receive a special treat from you during these times!



#### #7

If you are interested in learning more about the foods we eat and how it affects our health, watch this short film. It might make you think more about your food, where it comes from, and whether or not it's a good choice for you.

The Nature of Things: Food For Thought.



#### References:

Suzuki, D. The Nature of Things: Food for Thought [https://gem.cbc.ca/media/the-nature-of-things/season-58/episode-10/38e815a-0101e420723]. Gem CBC.

Health Canada (2007). History of Canada's Good Guides from 1942 to 2007.

Health Canada (2010). Eating Well with Canada's Food Guide – First Nations, Inuit and Metis.

Government of Canada (2019). Healthy Eating for Teens.

Government of Canada (2020). Canada's Food Guide. https://food-guide.canada.ca/en/