



Taking a Look at Canada's Food Guide

Ages 11-14

Activity Overview

Youths will debate the various benefits and possible limitations of Canada's Food Guide.

Assessment

The educator will observe youths' demonstrated knowledge and understanding and communication skills about various benefits and possible limitations of Canada's Food Guide.

Equipment

Copies of Canada's Food Guide, Markers, Note paper, Pens, Poster paper, Research materials

Minds On

Working in pairs, have youths write "nutrients" in the centre of a piece of paper.

Have youths activate their prior knowledge of Canada's Food Guide by creating a mind map connecting nutrients to making healthy eating and drinking choices.

Have pairs team up with another pair to compare and contrast responses.

Consolidation

Working individually, youths reflect on both sides of the debate and select which side they believe to have been the most persuasive.

Youths write a short paragraph, song, or poem conveying the key messages as they understand them from the debate. Youths share their writing with a partner for review prior to sharing the writing with a small group.