

## **Activity 1:**

### **Materials:**

Menu template from Feeding Tiny Tummies

Menu Planning Checklist

“Create an Ideal Meal” food list page 44 in the Nutrition guidelines

Eating Well with Canada’s Food Guide

Several Recipe books (see suggestions on last slide of powerpoint)

Grocery Store Flyers

### **Instructions:**

1. Divide participants into groups of 2 or 3.

2. Have participants use the menu planning template to plan a week of lunches and review their menus using the menu planning checklist.

3. Encourage participants to use the “Create an Ideal Meal” food list and look through the recipe books for ideas. Provide a few grocery store flyers and suggest that participants try to plan their menus around sale items from the flyers.

4. Have participants plan their menu using these steps (page 43 in the Guidelines):

Plan meals using foods from each of the four food groups:

Start with a vegetable or fruit

Add a grain product

Add a meat and alternative

Complete the meal with a milk and alternative

\*For ideas and a sample menu refer to page 45 in the Nutrition Guidelines. Refer to page 46 for sample distribution of food guide servings in a day.

**Time Frame:** 20-30 Minutes

## **Optional Activity 1: Calculating Food Guide Servings From a Recipe**

### **Materials:**

Sample recipe worksheets (see below)

Eating Well with Canada’s Food Guide

### **Instructions:**

Using the sample recipes, have participants calculate the number of servings from Canada’s Food Guide each recipe provides.

## Calculating Food Guide Servings in a Recipe Example #1

### Shepherd's Pie

Makes 10-  $\frac{3}{4}$  cup servings

2 cups	Mashed potatoes
1	Onion, chopped
$\frac{1}{2}$ cup	Broccoli, cut into flowerets
$\frac{1}{2}$ cup	Green pepper, chopped
2 cups	Carrots, chopped
$\frac{1}{4}$ cup	Tomato paste
2 $\frac{1}{2}$ cups	Lean ground beef
2 tbsp.	Oil
$\frac{1}{2}$ cup	Water
$\frac{1}{2}$ tsp.	Basil
1 cup	Shredded cheese
1	Bay leaf
	Paprika, sprinkle

#### Instructions:

1. Preheat oven to 350 degrees F.
2. Brown ground beef in a pan until no pink colour remains. Remove meat from pan.
3. Saute onion in oil; add broccoli, pepper, carrots, basil and bay leaf. Stir well and add tomato paste, water and the cooked ground beef; bring to a boil.
4. Cover and simmer on low 15 minutes or until vegetables are tender.
5. Put vegetable/meat mixture and cooking liquid in a 9X13 inch baking dish. Top with mashed potatoes, then cheese. Sprinkle with paprika for colour.
6. Bake 10 to 15 minutes or until potatoes are heated through.

## Calculating Food Guide Servings in a Recipe Example #1 Shepherd's Pie

**How many food guide servings are in this recipe?**

**Fill in the boxes.**

### Step1: Vegetables and Fruit

Total amount of vegetables in recipe =  Cups

Number of food guide servings in recipe=  Servings

Number of food guide servings in  $\frac{3}{4}$  Cup Shepherd's Pie=  Servings

### Step2: Grain Products

Total amount of grain products in recipe =  Cups

Number of food guide servings in recipe=  Servings

Number of food guide servings in  $\frac{3}{4}$  Cup Shepherd's Pie=  Servings

### Step3: Meat and Alternatives

Total amount of meat & alternatives in recipe =  Cups

Number of food guide servings in recipe=  Servings

Number of food guide servings in  $\frac{3}{4}$  Cup Shepherd's Pie=  Servings

### Step4: Milk and Alternatives

Total amount of milk and alternatives in recipe =  Cups

Number of food guide servings in recipe=  Servings

Number of food guide servings in  $\frac{3}{4}$  Cup Shepherd's Pie=  Servings

## Calculating Food Guide Servings in a Recipe Example #2

### Vegetable Noodle Soup

Makes 9- 1/2 cup servings

#### Indgredients

4 cups chicken, beef or vegetable (reduced sodium/salt) broth  
1/2 cup frozen broccoli  
1/2 cup sweet peas  
1/4 cup niblet corn  
1/2 cup sliced carrots  
1/2 cup thin sliced celery  
1/2 cup whole wheat noodles

#### Instructions

1. In a large pan bring broth and water to a boil. Add frozen vegetables, carrots, and celery; cook one minute.
2. Add noodles; stir in boiling broth.
3. Reduce heat to low; simmer five minutes or until vegetables are tender-crisp. Serve.

## Calculating Food Guide Servings in a Recipe Example #2

### Vegetable Noodle Soup

**How many food guide servings are in this recipe?**  
**Fill in the boxes.**

#### Step1: Vegetables and Fruit

Total amount of vegetables in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in ½ Cup Soup =  Servings

#### Step2: Grain Products

Total amount of grain products in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in ½ Cup Soup =  Servings

#### Step3: Meat and Alternatives

Total amount of meat & alternatives in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in ½ Cup Soup =  Servings

#### Step4: Milk and Alternatives

Total amount of milk and alternatives in recipe =  Cups

Number of food guide servings in recipe =  Servings

Number of food guide servings in ½ Cup Soup =  Servings

## Optional Activity 2: Reading Food Labels

### Materials:

Sample food labels (provided below) or a variety of food packages/food labels such as crackers, granola bars, yogurt etc.

Food rating criteria from the nutrition guidelines.

### Instructions:

1. Place food packages/food labels on a table and set out the pages with the Nutrition Guidelines criteria for each of the food categories.
2. Have participants guess if each food belongs in the Choose Most Often, Choose Sometimes or Choose Least Often category by reading the nutrition facts table and comparing to the criteria.
3. Have answer sheets available to flip over once they have guessed the category.
4. Emphasize the importance of checking the food labels. The examples provided show the importance of checking all the criteria to determine which category the food fits into.

## Optional Activity 3: Interactive Activity on Variety

### Materials:

Variety of different cut up raw vegetables

Paper plates or napkins

### Instructions:

With participants sitting in groups (can be same as for menu planning activity) place a plate of only one type of vegetable (ie. carrots) in front of some of the groups and place a plate filled with a variety of vegetables in front of the other groups.

Ask participants to help themselves to some vegetables but not to eat them.

Ask each participant how many vegetable pieces they took.

(The groups with the variety of vegetables placed in front of them should have taken more).

Discuss how those who were presented with a variety of vegetables took more than those who were only given one choice of vegetable. Discuss how this applies to providing food to children: the more variety of different healthy choices offered, the more children will choose to eat.

Have the group brainstorm other ideas to promote fruit and vegetable intake.

*Suggested prompts: Serve vegetables with different dips; Serve different textures such as a raw and a cooked vegetable at a meal; Try serving vegetables family style; What are some fun and attractive ways to serve fruits and vegetables?; Try fresh frozen and canned varieties.*

**Kellogg's\* Mini-Wheats\***  
Original cereal

**Céréales Mini-Wheats\***  
Original de Kellogg

<b>Nutrition Facts</b>		<b>Valeur nutritive</b>	
Serving 25 biscuits (59 g) Portion de 25 biscuits (59 g)			
<b>Amount per serving</b>	<b>Cereal</b>	<b>With</b>	<b>1/2 Cup</b>
<b>Teneur par portion</b>	<b>Céréales</b>	<b>Avec</b>	<b>2% Milk</b>
		<b>Avec</b>	<b>1/2 tasse</b>
		<b>de lait</b>	<b>2 %</b>
<b>Calories / Calories</b>	210	270	
% Daily Value / % valeur quotidienne			
<b>Fat / Lipides 1 g<sup>†</sup></b>	<b>2 %</b>	<b>6 %</b>	
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>	<b>8 %</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>	<b>3 %</b>	
<b>Sodium / Sodium 5 mg</b>	<b>0 %</b>	<b>3 %</b>	
<b>Potassium / Potassium 230 mg</b>	<b>6 %</b>	<b>12 %</b>	
<b>Carbohydrate / Glucides 49 g</b>	<b>16 %</b>	<b>18 %</b>	
Fibre / Fibres 6 g	<b>24 %</b>	<b>24 %</b>	
Sugars / Sucres 15 g			
Starch / Amidon 28 g			
<b>Protein / Protéines 5 g</b>			
Vitamin A / Vitamine A	0 %	8 %	
Vitamin C / Vitamine C	0 %	0 %	
Calcium / Calcium	2 %	15 %	
Iron / Fer	60 %	60 %	
Vitamin D / Vitamine D	0 %	25 %	
Thiamin / Thiamine	90 %	100 %	
Riboflavin / Riboflavine	2 %	15 %	
Niacin / Niacine	15 %	20 %	
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	20 %	25 %	
Folate / Folate	15 %	20 %	
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	0 %	25 %	
Pantothenate / Pantothénate	15 %	20 %	
Phosphorus / Phosphore	15 %	25 %	
Magnesium / Magnésium	20 %	30 %	
Zinc / Zinc	25 %	30 %	

<sup>†</sup> Amount in cereal / Dans les céréales.



**Answer:**

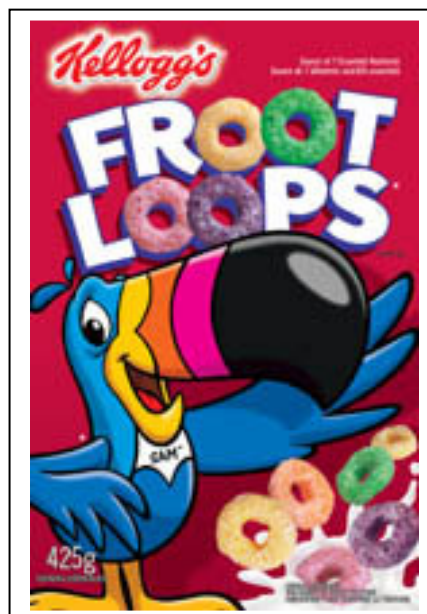
**Kellogg's Mini-Wheats are a Choose Most Often Food**

Note the portion size on the nutrition facts. This is double the serving size listed in the criteria.

**Kellogg's\* Froot Loops\* cereal**  
**Céréales Froot Loops\* de Kellogg**

<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Serving 3/4 cup (27 g) Portion de 3/4 tasse (27 g)		
Amount per serving	Cereal	With 1/2 Cup 2% Milk
Teneur par portion	Céréales	Avec 1/2 tasse de lait 2%
<b>Calories / Calories</b>	100	170
% Daily Value / % valeur quotidienne		
<b>Fat / Lipides</b> 0.5 g†	1 %	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %	10 %
<b>Cholesterol / Cholestérol</b> 0 mg	0 %	3 %
<b>Sodium / Sodium</b> 110 mg	5 %	7 %
<b>Potassium / Potassium</b> 30 mg	1 %	6 %
<b>Carbohydrate / Glucides</b> 24 g	8 %	10 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 12 g		
Starch / Amidon 11 g		
<b>Protein / Protéines</b> 1 g		
Vitamin A / Vitamine A	0 %	8 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	0 %	15 %
Iron / Fer	25 %	25 %
Vitamin D / Vitamine D	0 %	25 %
Thiamin / Thiamine	40 %	45 %
Riboflavin / Riboflavine	2 %	15 %
Niacin / Niacine	6 %	10 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	10 %	10 %
Folate / Folate	8 %	10 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	0 %	25 %
Pantothenate / Pantothénate	6 %	10 %
Phosphorus / Phosphore	2 %	15 %
Magnesium / Magnésium	2 %	10 %
Zinc / Zinc	10 %	15 %

† Amount in cereal / Dans les céréales.



**Answer:**

**Kellogg's Froot Loops are a Choose Least Often food.**

A serving contains only 1 gram of fibre and only 1 gram of protein.

**Kellogg's\* Guardian\***  
Cinnamon cereal

Nutrition Facts		
Serving 1 cup (34 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
<b>Calories</b>	120	170
	% Daily Value	
<b>Fat</b> 1.5 g†	2 %	4 %
Saturated 0.5 g + Trans 0 g	3 %	7 %
<b>Cholesterol</b> 0 mg	0 %	2 %
<b>Sodium</b> 170 mg	7 %	10 %
<b>Potassium</b> 110 mg	3 %	9 %
<b>Carbohydrate</b> 28 g	9 %	11 %
Fibre 6 g	24 %	24 %
Soluble Fibre 4 g		
Insoluble Fibre 2 g		
Sugars 10 g		
Starch 12 g		
<b>Protein</b> 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	6 %	20 %
Iron	30 %	30 %
Vitamin D	0 %	25 %
Thiamin	50 %	60 %
Riboflavin	0 %	15 %
Niacin	8 %	15 %
Vitamin B <sub>6</sub>	10 %	15 %
Folate	8 %	10 %
Vitamin B <sub>12</sub>	0 %	25 %
Pantothenate	6 %	15 %
Phosphorus	6 %	20 %
Magnesium	6 %	10 %
Zinc	10 %	20 %

† Amount in cereal.

**Céréales Guardian\***  
Cannelle de Kellogg

Valeur nutritive		
Portion de 1 tasse (34 g)		
Teneur par portion	Céréales	Avec 1/2 tasse de lait 1 %
<b>Calories</b>	120	170
	% valeur quotidienne	
<b>Lipides</b> 1,5 g†	2 %	4 %
saturés 0,5 g + trans 0 g	3 %	7 %
<b>Cholestérol</b> 0 mg	0 %	2 %
<b>Sodium</b> 170 mg	7 %	10 %
<b>Potassium</b> 110 mg	3 %	9 %
<b>Glucides</b> 28 g	9 %	11 %
Fibres 6 g	24 %	24 %
Fibres solubles 4 g		
Fibres insolubles 2 g		
Sucres 10 g		
Amidon 12 g		
<b>Protéines</b> 3 g		
Vitamine A	0 %	8 %
Vitamine C	0 %	0 %
Calcium	6 %	20 %
Fer	30 %	30 %
Vitamine D	0 %	25 %
Thiamine	50 %	60 %
Riboflavine	0 %	15 %
Niacine	8 %	15 %
Vitamine B <sub>6</sub>	10 %	15 %
Folate	8 %	10 %
Vitamine B <sub>12</sub>	0 %	25 %
Pantothénate	6 %	15 %
Phosphore	6 %	20 %
Magnésium	6 %	10 %
Zinc	10 %	20 %

† Dans les céréales.



**Answer:**

**Kellogg's Guardian Cereal is a Choose Most Often food.**

This cereal is high in fibre and lower in sodium, fat and sugar.

**Kellogg's\* Nutri-Grain\***  
**Sweet & Salty Nut Bars**  
**Chocolatey Almond**

Barres aux noix  
**Nutri-Grain\*** Sucrés et  
 Salées amandes  
 chocolatées de Kellogg

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1 bar (32 g) pour 1 barre (32 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 8 g	<b>12 %</b>
Saturated / saturés 2.5 g + Trans / trans 0 g	<b>13 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 150 mg	<b>6 %</b>
<b>Potassium / Potassium</b> 110 mg	<b>3 %</b>
<b>Carbohydrate / Glucides</b> 17 g	<b>6 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 10 g	
Starch / Amidon 5 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	10 %
Vitamin E / Vitamine E	25 %
Thiamin / Thiamine	4 %
Riboflavin / Riboflavine	6 %
Niacin / Niacine	6 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	2 %
Folate / Folate	2 %
Phosphorus / Phosphore	6 %
Magnesium / Magnésium	10 %
Zinc / Zinc	6 %
Copper / Cuivre	10 %
Manganese / Manganèse	10 %



**Answer:**

**The Sweet and Salty granola bars are a Choose Sometimes food.**

These granola bars are higher in fat making them a Choose Sometimes food.