



Teaching Canada's food guide

The toolkit for educators was developed by Health Canada to support intermediaries, such as:

- educators
- health promoters
- community leaders

These activities can be used with children to help them:

- learn food skills
- develop healthy eating patterns
- understand Canada's food guide

Before you start

Read each section before you start the activities. The sections include background information on Canada's food guide, equity considerations, information on creating a supportive environment and food safety. Each activity includes options to help you adapt it to your group.

Sections

- | | |
|---|--|
| <input checked="" type="checkbox"/> What is Canada's food guide? | <input checked="" type="checkbox"/> Consider culture and food traditions |
| <input checked="" type="checkbox"/> Create a supportive environment | <input checked="" type="checkbox"/> Evaluate your biases |
| <input checked="" type="checkbox"/> Children's and adults' roles around food and eating | <input checked="" type="checkbox"/> Food safety considerations |

Activities



Ages 4 to 6



Ages 7 to 8



Ages 9 to 11



food-guide.canada.ca/en/toolkit-educators

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