

Eating Between The Lines



EBTL Module 01 - Activity 01

Activity: What Do We Mean by Eating the Rainbow?

Outcomes

Children will understand *Eating Well with Canada's Food Guide* (Canada's Food Guide).
Children will understand how Canada's Food Guide helps decide what to eat.
Children will understand what "eating a rainbow" means.
Children will be able to identify and label the four basic food groups.
Children will be able to group food into its appropriate food group.

Points to Emphasize

- Canada's Food Guide helps decide what to eat.
- Different people like and eat different foods.

You Will Need

- Canada's Food Guide.
- Make a poster sized rainbow from construction paper. Use the colours that correspond to each food group in the Food Guide. Yellow = Grain Products; Green = Vegetables and Fruit; Blue = Milk Products; Red = Meat and Alternatives. You could order a poster from the location below if you would prefer.

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/resources_e.html

- Pictures of various food that fit into food group categories.
- Sticky tack or tape.

Procedure

1. Ask the children why we need to eat good food. Answers will likely include: food helps us grow, food gives us energy, and food keeps our bodies strong and healthy.
2. Using the Food Guide poster, explain that food is grouped together according to the good things that they give our bodies. Discuss with the children that different food provides our bodies with different things we need.
3. The first band on the rainbow is yellow. This colour represents grain products including cereals and things made with flour. Ask children if they can name some food made with flour (bagels, tortilla shells, muffins, etc.).
4. The second band of the rainbow is green. This colour represents the vegetables and fruit food group. Brainstorm some green food.
5. The third band of the rainbow is blue. This colour represents the milk products group. Brainstorm some blue food.
6. The fourth band of the rainbow is red. This food group contains meat and meat alternatives, such as nuts, seeds, eggs, and peanut butter. Brainstorm some red food.
7. Ask children to close their eyes and think of the food guide rainbow. Have them name the colours of the rainbow and name a few foods from each food group.
8. Ask each child to name a favorite food and where it would fit on the food guide rainbow.
9. Show the class a picture of a certain food. Ask the class to name the food and the food group to which the food belongs. Use sticky tack to affix the food onto the poster.