

# Eating Between The Lines



## EBTL Module 01 - Activity 05

**Activity:** Make a Food Collage

### Outcome

Children will understand why it is important to eat a healthy diet.

### You Will Need

- Magazines and grocery store flyers
- Bristol board or other heavy, large sheets of paper

### Procedure

Cut out huge letters to spell out FOOD or NUTRITION. Encourage children to cut out pictures of healthy foods to glue onto the letters. You could use a combination of magazines and grocery store flyers for this activity.

### Teacher Tip

Prior to this activity, it may be helpful to explain and discuss a grocery store flyer. Explain how there are many kinds of food in the flyer and that some of these foods do not fit in the four groups of Canada's Food Guide.

