

# Eating Between The Lines



## EBTL Module 01 - Activity 06

**Activity:** Make a Balanced Meal

### Outcomes

Children will understand what “eating a rainbow” means.  
Children will understand how Canada’s Food Guide helps decide what to eat.  
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.  
Children will be able to verbalize the importance of eating a balanced meal.

### You Will Need

- Paper plates, one for each child
- An assortment of grocery store flyers
- Glue and scissors

### Procedure

1. Distribute one paper plate to each child
2. Give the instruction that they are to build a balanced meal, with foods from all four food groups, using the flyers.
3. Once they have chosen and cut out their food, they are to glue their meal onto their plate.

### Teacher Tips

These plates would make a cute wall display or bulletin board idea. Just hang a plastic checkered tablecloth onto the bulletin board, put the title “Yum, Yum!” (or something similar) and stick up the plates. You could even add plastic cutlery if you wish!

Prior to this activity, it may be helpful to explain and discuss a grocery store flyer. Explain how there are many kinds of foods in the flyer and that some of these foods do not fit into our rainbow. For More information please visit: [http://www.ebtl.org/pdf/ebtl0000\\_Sustainable%20Eating.pdf](http://www.ebtl.org/pdf/ebtl0000_Sustainable%20Eating.pdf)



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