



## **Feel Great with a Healthy Plate Bulletin Board**

### **& Canada's Food Guide Summary**

#### **What is the Food Guide All About?**

The overall focus of Canada's food guide is to promote positive messaging around healthy foods and healthy eating habits.

#### **Main Theme and Messages**

##### **Choose Healthy Foods**

- Eat a Variety of Healthy Foods: Healthy eating is a habit. Eat vegetables and fruit, whole grain, and protein foods often to develop a healthy eating habit and maintain your health.
- Eat Plenty of Vegetables and Fruit: Vegetables and fruit are an important part of healthy eating. They come in many forms like fresh, frozen and canned. Vegetables and fruits should comprise half of your plate at meals.
- Eat Whole Grains: Whole grain foods have important nutrients such as fibre, vitamins, and minerals. Whole grains should comprise a quarter of your plate at meals.
- Eat Protein Foods: Choose protein foods that come from plants more often. Plant-based foods can provide more fibre and less saturated fat than other types of protein foods. Proteins comprise the final quarter of your plate at meals.

##### **Practice Healthy Eating Habits**

- Make Water Your Drink of Choice: Making healthy drink choices is as important as your food choices. Drinking water is important for your health as it replaces body fluid that is lost through breathing and sweating. It is also the best way to quench your thirst.
- Be Mindful of Your Eating Habits: Healthy eating is about more than just the foods you eat. It is being mindful of your eating habits, taking time to eat and noticing when you are hungry and when you are full.
- Cook More Often: Cooking more often can help you develop healthy eating habits. You can cook more often by planning what you eat and involving others in planning and preparing meals.
- Enjoy Your Food: Enjoying your food is part of healthy eating. Enjoy the taste of your food and the many food-related activities that come along with eating.
- Eat Meals with Others: Sharing healthy meals with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life.

For more information about healthy foods and healthy eating habits please visit the [Canada Food Guide website](#).

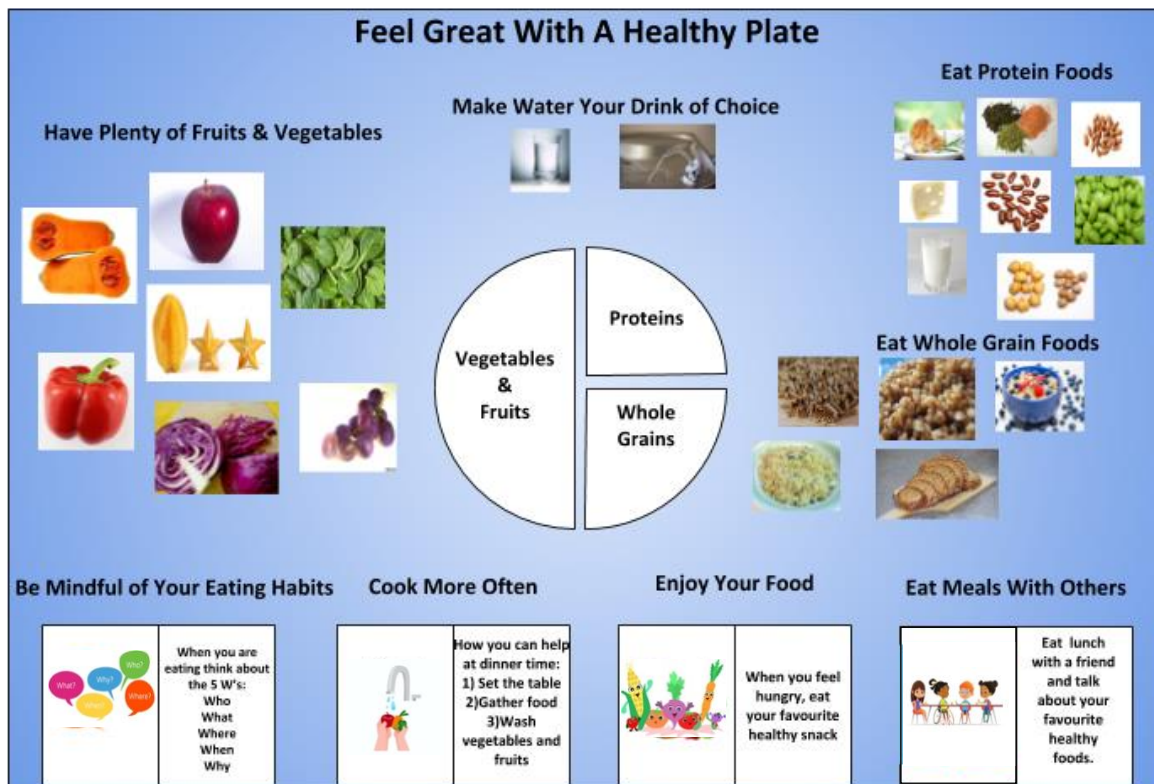
## Feel Great with a Healthy Plate

### Monthly Campaign Bulletin Board

#### Theme:

This campaign bulletin board focuses on Canada's food guide. The display will educate students on the key messages of the food guide, including the importance of healthy food choices and eating behaviours.

#### Bulletin Board Sample:



#### Classroom Instructions:

1. Introduce the Canadian food guide to your students by showing them the Eat Well Plate. The Eat Well Plate poster can be ordered from [Canada's food guide website](https://www.canada.ca/en/healthycanadians/food-guide).
2. Use the Canada's Food Guide Summary sheet to explain the key messages of the food guide.
3. Create the bulletin board with your class by using the premade materials provided below.

#### Bulletin Board Instructions:

1. Using the bulletin board examples (included below), determine which premade materials you want to use for the classroom bulletin, and which pieces can be student work.
2. Print the premade materials that you will use on the bulletin board.

3. Hang the plate with labeled sections in the center of the board. Place the titles and key messages on the board in areas that correspond with the correct sections of the plate, and add the habit messages along the bottom of the bulletin board.

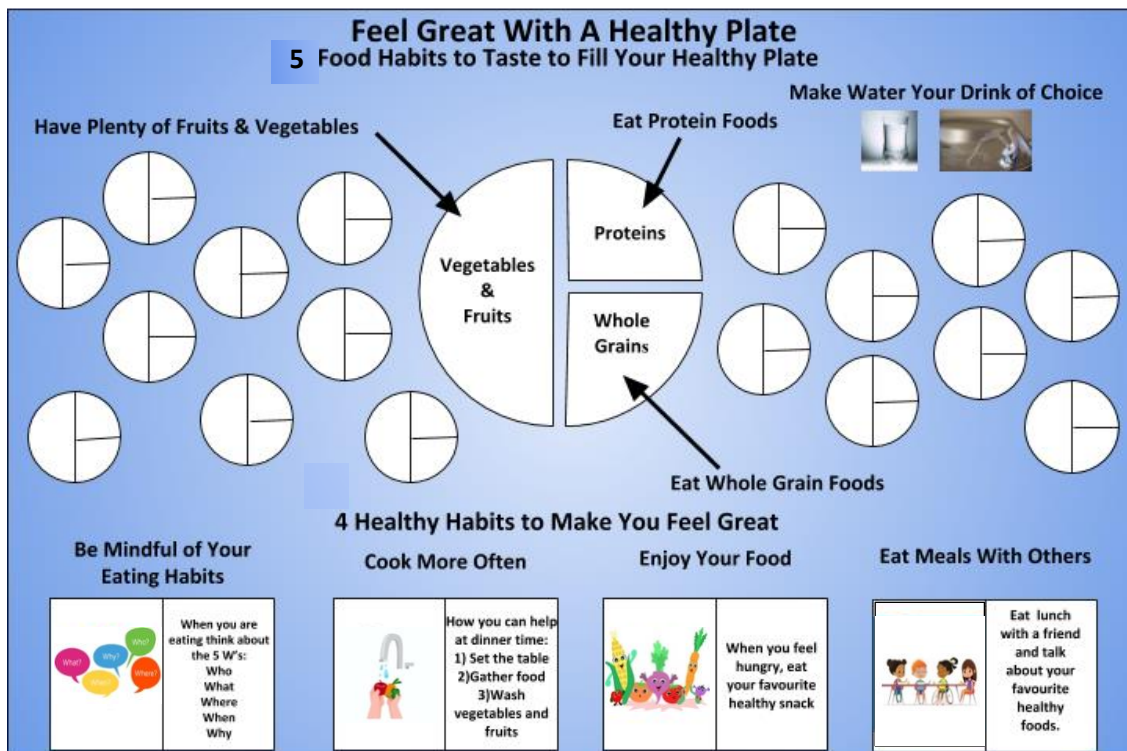
### Option 1

1. Divide students into small groups. Give students flyers or magazines and ask them to find healthy examples of a vegetable or fruit, a protein, and a whole grain.
2. Hang students' examples on the corresponding section of the bulletin board. Use this bulletin to educate the class on different foods they can eat from each section.

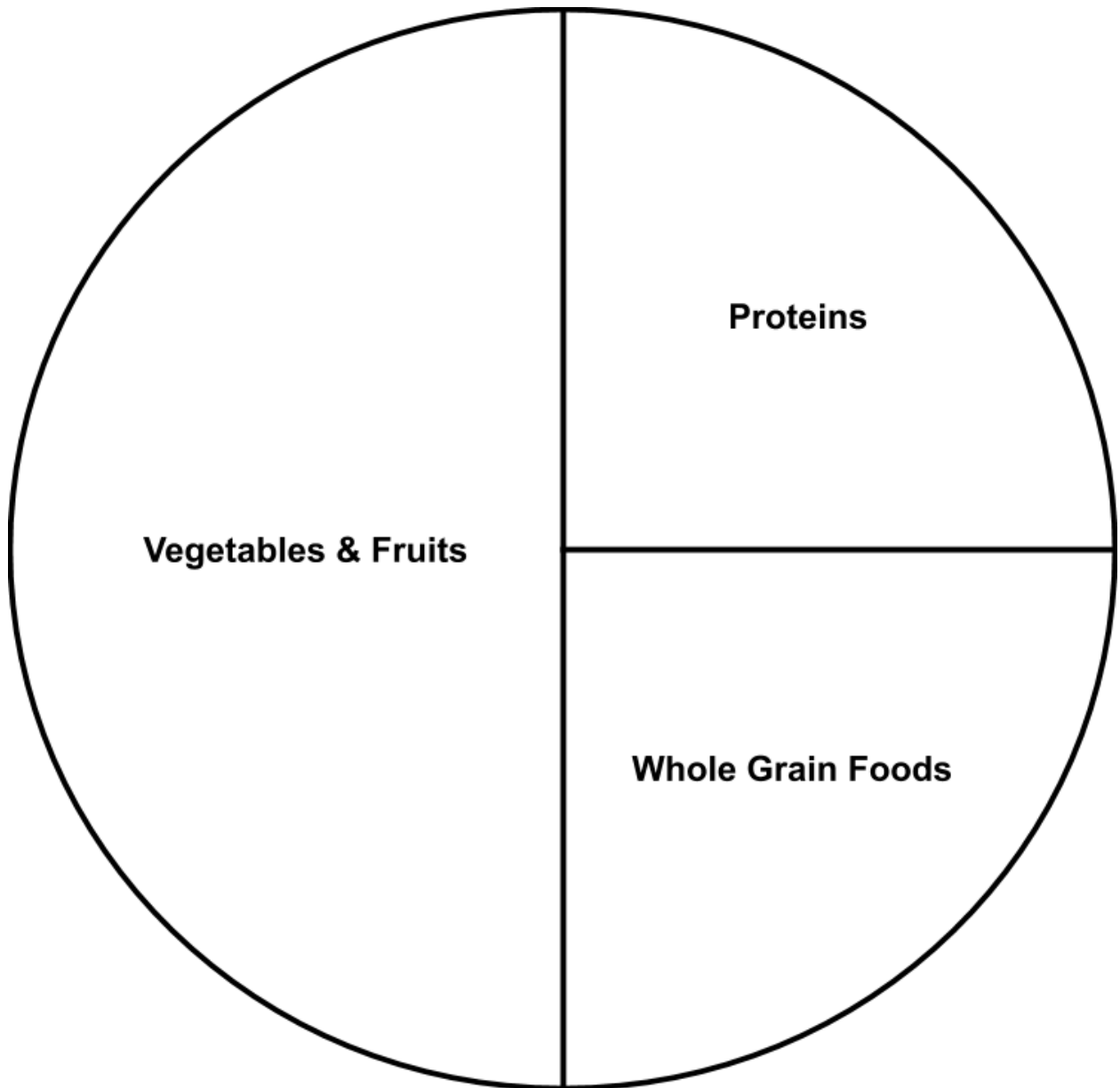
### Option 2

1. Ask the students to create their own Eat Well Plates using the plate template provided below or small paper plates.
2. Divide the class into three groups. Assign each group either breakfast, lunch, or dinner.
3. Each group will cut out pictures of food from flyers, magazines, or google for their plates and paste them on the plate. Each plate should represent the proper amounts of the three food groups. Students can also draw and colour items if flyers, magazines, and technology are not available.
4. Hang the plates on any free space on the bulletin board. See Bulletin Board Example 2.

### Bulletin Board Example 2



## **Student Eat Well Plate Template**



**Make Water  
Your Drink of  
Choice**

Eat Protein Foods

Eat Whole Grain

Foods

**Eat Plenty of  
Vegetables  
and Fruit**

# Be Mindful of Your Eating Habits



Cook More Often

Enjoy Your Food

# Eat Meals with Others

# When you are eating, think about the 5 W's

- WHO
- WHAT
- WHERE
- WHEN
- WHY



**Cook More Often**

## **How Can you Help at Dinner time?**

- Set the Table
- Gather Food
- Wash Vegetables and Fruits



**Enjoy Your Food**

**When you are hungry, eat your  
favourite snack**



**Eat Meals with Others**

**Eat lunch with a friend and talk  
about your favourite healthy  
foods**



