

# A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## Feel Great with a Healthy Plate

This month, students are learning about Canada's food guide and how eating the right foods leads to better health. Here is a summary of the key learnings.

### Food Habits to Fill Your Healthy Plate

#### Eat a Variety of Healthy Foods Each Day

Eat vegetables and fruit, whole grains, and protein foods most often to develop a healthy eating habit and maintain overall good health.

#### Eat Plenty of Vegetables and Fruits

Vegetables and fruit are an important part of healthy eating. They come in many forms, like fresh, frozen and canned.

#### Eat Whole Grain Foods

Whole grain foods have important nutrients like fibre, vitamins, and minerals.

#### Eat Protein Foods

Protein foods provide important nutrients like protein, vitamins, and minerals. Choose a variety when you are meal planning.

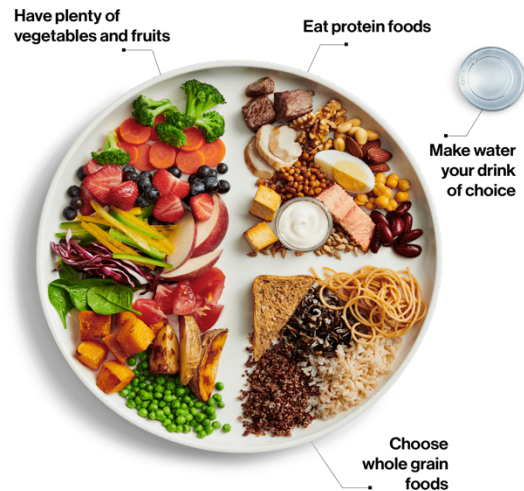
#### Make Water Your Drink of Choice

Healthy drink choices are as important as your food choices. Drinking water replaces body fluid that is lost through breathing and sweating. It is also the best way to quench your thirst.

### Eat Meals with Others

Enjoy healthy meals with family, friends, neighbours or co-workers – it's a great way to connect!

### The Eat Well Plate



### 4 Healthy Habits to Make You Feel Great

#### 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 at home more often can help you develop healthy eating habits. Take the time to plan a well-balanced meal and involve others in planning and preparing.

#### Enjoy Your Food

Enjoy the taste of your food and food-related activities.

### How to Make a Healthy Meal

**Step 1:** Vegetables and fruit should always make up the largest portion of the foods you eat.

**Step 2:** Choose whole grain foods. Don't be fooled by foods listed with multigrain or whole wheat, look for the words *whole grain* in the ingredient list.

**Step 3:** Include healthy protein. Choose plant-based proteins more often as they provide more fibre and less saturated fat than other types of protein foods.

For a delicious recipe that makes a healthy plate please, try whipping up this [Moroccan Stew](#).

All information including the recipe is from the Canada's food guide website:

Canada's food guide. (2019, January 1). Retrieved February 19, 2020, from <https://food-guide.canada.ca/en/>

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