

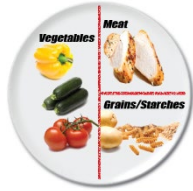


Grade 6C: HEALTH

Name: _____

Date: __/__/____ (dd/mm/yyyy)

Design Your Own Healthy Menu Assignment



Alberta Health Education Curriculum Component: Wellness Choices.

Alberta Health Education Specific Concept (learning outcome): W-6.5 and W-6.8.

Overview:

An important part of health and wellness is identifying good nutrition, and using knowledge of the Canada Food Guide to make and create healthy dietary choices.

You're Task (s):

→ You have option of working in a group of 2 **OR** individually, create a restaurant menu that outlines at least ONE breakfast, ONE lunch and ONE dinner dish. Your menu will be displayed on a poster (*standard size paper: 8½" by 11"*), and will be presented to the class next week (2-3 minute presentation).

Learning Resource:

In Google search engine, type the following: "*Eating Well with Canada's Food Guide*" & "*Canada's Food Guide - Student Life*"

Things to Consider:

→ Your menu should contain healthy food items and dishes that highlight explicit connections to the Canada Food Guide (see exemplar). These connections should be outlined on the paper itself.

→ Get started by: brainstorming healthy dishes with your group and reviewing the Canada Food Guide.

****Remember:** *Design and neatness is important! Ensure that your poster is well organized and easy to interpret.***



Duck Duck Beef Restaurant

Breakfast:

The "Letgo Eggwich" - 1 egg, sunny side up, fried in vegetable oil, with romaine lettuce, sliced tomato, on a whole grain bagel. Served with side of fresh, sliced fruit.

What makes this a healthy choice?

- Bagel is whole grain.
- Egg is fried in canola oil.
- Served with fruit rather than hash browns, which can be high in saturated fat.
- Served with romaine lettuce (dark green vegetable, which should be eaten at least once a day according to the Canada Food Guide).



Lunch:

Dinner:

My Food Guide Servings Tracker

NAME: _____

DATE: _____



Food Guide Servings per day

6

GIRL OR BOY AGED 9-13

Vegetables and Fruit

1 Food Guide Serving =
 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice or
 250 mL (1 cup) leafy raw vegetables or salad or
 1 piece of fruit



6

Grain Products

1 Food Guide Serving =
 1 slice (35 g) of bread or ½ pita or tortilla (35 g) or
 125 mL (½ cup) cooked rice, pasta or couscous or
 30 g cold cereal or 175 mL (¾ cup) hot cereal



3-4

Milk and Alternatives

1 Food Guide Serving =
 250 mL (1 cup) milk or fortified soy beverage or
 175 g (¾ cup) yogurt or
 50 g (1 ½ oz) cheese



1-2

Meat and Alternatives

1 Food Guide Serving =
 75 g (2 ½ oz)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat or
 175 mL (¾ cup) cooked legumes or tofu or
 60 mL (¼ cup) shelled nuts and seeds



30 to 45 mL
 (2 to 3 Tbsp)
 each day

Oils and Fats

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Eat at least one dark green and one orange vegetable each day.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

Have vegetables and fruit more often than juice.

Make at least half of your grain products whole grain each day.

Choose grain products that are lower in fat, sugar or salt.

Drink skim, 1% or 2% milk each day.

Select lower fat milk alternatives.

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week.

Select lean meat and alternatives prepared with little or no added fat or salt.

Satisfy your thirst with water.

Limit foods and beverages high in calories, fat, sugar or salt.

Be active every day for at least 60 minutes.



For more information and to order copies of Canada's Food Guide visit Canada's Food Guide on line.

www.healthcanada.gc.ca/foodguide





Grade 6

Cooperative Learning *(If applicable)*

Name: _____

Date: __/__/____ (dd/mm/yyyy)

Subject: _____ // Unit & Project Topic or Title: _____ & _____; Term: 1 2

Direction: Write the names of your group members in the numbered boxes. Then, assign yourself a value for each listed attribute. Finally, do the same for each of your group members and total all of the values.

Standards: **4**=Above Average **3**=Average **2**=Below Average **1**=Weak

Attribute	Myself	Group Member:_____	Group Member:_____	Group Member:_____	Group Member:_____
Participated in group discussions.					
Helped keep the group on task.					
Contributed useful ideas.					
How much work was done?					
Quality of completed work					
Column Totals →					

Self-Evaluation

Briefly describe your contribution to the cooperative learning project (**What did you learn from this project?**):

If you were doing this project again, what would you do differently to improve your work?

How could your team work together more effectively next time?

You're Grade for Yourself *(Please check one):*

Level 4 (80% -100%) **Level 3 (65% -79%)** Level 2 (64% -50%) Level 1 (49% -0%)