

Name: _____

Date: _____

Canada's New Food Guide

Canada's new food guide no longer has 4 food groups. Instead, they are recommending eating the following 3 food categories.

Food Category	Fruits and Vegetables	Whole Grains	Protein Foods
Servings Per Day	$\frac{1}{2}$ (half) of your plate	$\frac{1}{4}$ of your plate	$\frac{1}{4}$ of your plate
Examples	- broccoli, leafy greens, potatoes, apples, bananas, berries	- bread, pita, oatmeal, cereal, rice, pasta, bagels, quinoa	- beans, lentils, nuts, seeds, lean meats, poultry, fish, shellfish, eggs
Tips	- Choose darker green vegetables - Don't drink juice with added sugar	- Choose whole grain options instead of grains that have been processed	- Select plant based proteins and lean meats

Directions - draw pictures or use words of foods you like that would fit the new Canadian food guide.

Eat plenty of fruits and vegetables


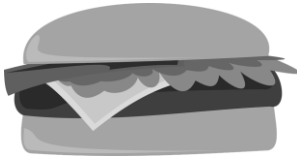



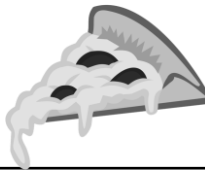




Choose whole grain foods

Make water your choice of drink

Eat protein foods

Calories In Vs Out

Exercise and calories are related. As we burn calories with exercise, we need to refuel with food. "Calories in" refers to how many calories we eat, while "calories out" means how many calories we burn off. Read the table below to learn more about how many calories we burn when we exercise and how many calories we eat with our food choices.

Exercise	Food Option
Basketball - Burns 300 calories for 30 minutes 	 Fast food burger 450 calories
Mountain Biking - Burns 400 calories for 30 minutes 	 Peanut Butter Sandwich 350 calories
Hockey - Burns 250 calories for 30 minutes 	 1 Slice of Pizza 300 calories
Gymnastics - Burns 200 calories for 30 minutes 	 Apple 100 calories
Running - Burns 350 calories for 30 minutes 	 Cookie 100 calories

Questions:

1. Choose your dinner by selecting 3 foods. Add up how many calories you ate. Then write down how much exercise you would need to do in order to burn off the food.

Example: apple, burger and cookie = 650 calories. I would need to run for 30 minutes and play basketball for 30 minutes (350 + 300 = 650 calories)

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Questions Continued

2. The apple and the cookie contain the same amount of energy (calories). Which calories are going to make you feel better? Why?

3. Answer the questions below:

a) If I played hockey for 2 hours, how many calories did I burn?

b) What could I eat after my hockey?

4. Is it okay to treat ourselves with empty calories once in awhile?

5. If I ate a slice of pizza and a burger for lunch, what could I do to balance my calories?



Macronutrients

Macronutrients are the main nutrients that make up our food. Macro means large, while micro means small. There are 3 macronutrients and a lot of micronutrients that are in our food. The 3 macronutrients are explained in the table below.

	Carbohydrates	Fat	Protein
Definition	Carbohydrates are the sugars, starches and fibres found in our food	Fats are a nutrient that provide our body with energy	Protein repairs cells so we can stay healthy
Purpose	Carbohydrates are excellent sources of fuel. Great to eat before physical activity.	Healthy fats can contribute to a healthy heart and brain.	Protein should be eaten so we can repair muscle damage that occurs from exercise
Calories per gram	4	9	4
Examples of foods high in each macronutrient	Breads, cereals, pasta, rice, fruit, vegetables	Oils, red meat, full fat milk, avocados, nuts, cream, cheese	Meat, poultry, eggs, nuts, beans, legumes, cheese, milk

Questions

1. Claire ate a sandwich with 20 grams of carbohydrates, 5 grams of protein, and 3 grams of fat. How many calories did she eat?

Answer: _____

2. What food can you think of that would have a balance of all 3 macronutrients? Explain.

3. Are all fats bad for us? What kinds of foods are high in fat and are healthy?

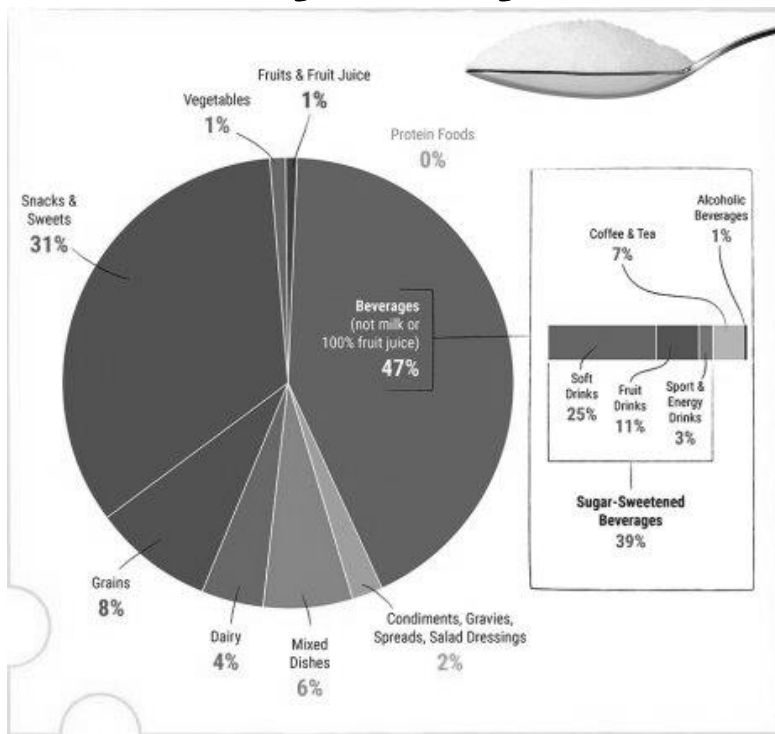
Sugar



You're Sweet Enough!

Sugar can be found naturally in fruits and vegetables (especially fruits), but it can also be extracted from sugarcane and processed into refined sugar (white sugar). All sugar falls under the carbohydrate macronutrient because it gives us energy. Refined sugar offers zero nutrients, making it empty calories. These calories will not fill you up, and will make you feel like eating more! This has led to obesity issues in North America.

Where we get our sugar from



1. What do you notice from the circle graph

2. The new food guide recommends we choose water as our drink of choice. After looking at the graph above, why do you think they recommend water?

3. What do you drink often? Is it high in sugars?
