

Food Guide Digital Scavenger Hunt

Student Worksheet

Canada’s food guide (2019) is a web-based resource, and includes tips and recipes that encourage Canadians to “eat healthy whenever and wherever they go”¹. Since its release, the food guide Snapshot (or “healthy eating plate”) has been given a lot of attention. However, when it comes to healthy eating, Health Canada has said this picture is just the tip of the iceberg. Let’s dive below the surface and explore...



Access the Food Guide: Canada.ca/FoodGuide

1. Start by looking at page one of the Snapshot, which includes a colourful plate of food. Name the three food categories.
2. For each category:
 - a. name two foods present on the plate that you like to eat,
 - b. name one new food in that category you would like to try, and
 - c. name one food that is not on the plate, but you think could fit in the food category.

Click on each section of the plate for more information about what fits in that category.

Category Name	a. Two foods I like	b. I want to try...	c. Not on the plate

Click on the red Canada’s Food Guide logo in the top left corner to be taken back to the main screen. Then, click on the glass of water to read about healthy beverage choices.

3. What are two examples of healthy beverages other than water?

¹ Press Release Jan. 22, 2019 “Minister of Health launches new approach for Canada’s Food Guide” Accessed Aug. 14, 2019 <https://www.canada.ca/en/health-canada/news/2019/01/minister-of-health-launches-new-approach-for-canadas-food-guide.html>

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On the left side toolbar click on “Eat a variety of healthy foods”. Then, select “Eat whole grain foods” and read this section.

4. What is one benefit of regularly eating whole grain foods?

5. Which recommendation for how to include whole grain foods would you like to try?

Click on “Eat plenty of vegetables and fruit”. Read this section.

6. List three forms of vegetables/fruit you could buy that are considered healthy options.

7. What are two snacks you could bring to school that each include a vegetable or fruit?

Click on “Eat protein foods” and read this section.

8. Protein foods include foods from both plants and animals, and many Canadians don't eat much protein from plants. Read this section and choose one way to include more proteins foods from plants in your meals this week.

9. Calcium is an important nutrient; it is especially essential for children and youth, who need to grow strong bones. Name two protein foods that are also good sources of calcium. When and how could you eat these foods? (i.e. yogurt for breakfast in a smoothie)

Use these webpages for help:

<https://www.canada.ca/en/health-canada/services/nutrients/calcium.html>

<https://www.healthlinkbc.ca/healthlinkbc-files/sources-calcium-vitamin-d>

Calcium-rich protein food		
How I could eat this food		

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Return to the Food Guide website. Click on the “Be aware of food marketing” box on the left side. Read the “Marketing can influence your food choices” page.

10. What is the last food advertisement you remember seeing or hearing? How did it influence your opinion of that food?

Describe the food ad	Influence on my opinion of that food

Click on the red Canada’s Food Guide logo in the top left corner to be taken back to the main screen. Look on page two of the Snapshot on the main page, “Healthy eating is more than the foods you eat” to answer the following questions. We will also explore some resources beyond the food guide website.

11. Click on the first box, “Be mindful of your eating habits.” What does it mean to be mindful when eating? Check out this introduction to mindful eating for more information:

<https://thecenterformindfuleating.org/page-1863947>

12. On the left side toolbar, click on “Take Time to Eat.” Read this section and list one benefit of taking time to eat, and one way you can take time to eat.

Benefit	How can I take time to eat

13. Click on the “Enjoy your food” box, and read this section. What are two ways you already enjoy your food each day? (Examples: paying attention to taste, or eating with family)

14. Click on the “Eat meals with others” box. List three ways you may benefit from enjoying meals with others.

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15. Click on the “Cook more often” box. List three benefits of cooking more often.

Click on the Canada Food Guide logo in the top left corner to be taken back to the main screen. On the left side toolbar, click “Recipes.”

16. Look through all the recipes listed on this page, and choose one recipe you would like to make. Why did you choose this recipe?

Recipe title	Why you want to make it

17. Besides Health Canada, what are two other accurate and reliable web-based sources of information about healthy eating?

Bonus question: Canada’s food guide includes tips for specific groups; can you find the healthy eating tips for school or for teens? Write down a helpful tip for people your age.
