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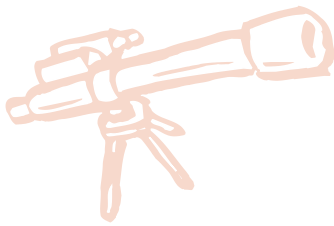
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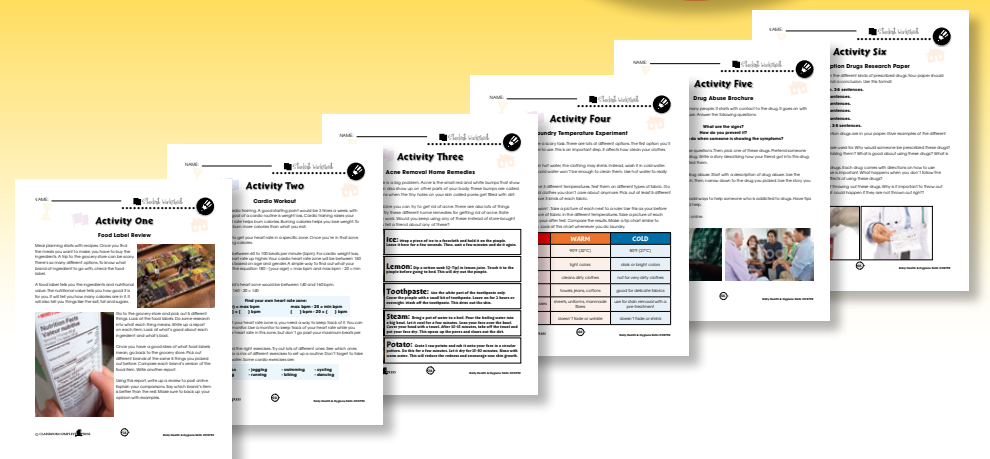
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- Go to our website:  
[www.classroomcompletepress.com/bonus](http://www.classroomcompletepress.com/bonus)
- Enter item CC5792C
- Enter pass code CC5792DC

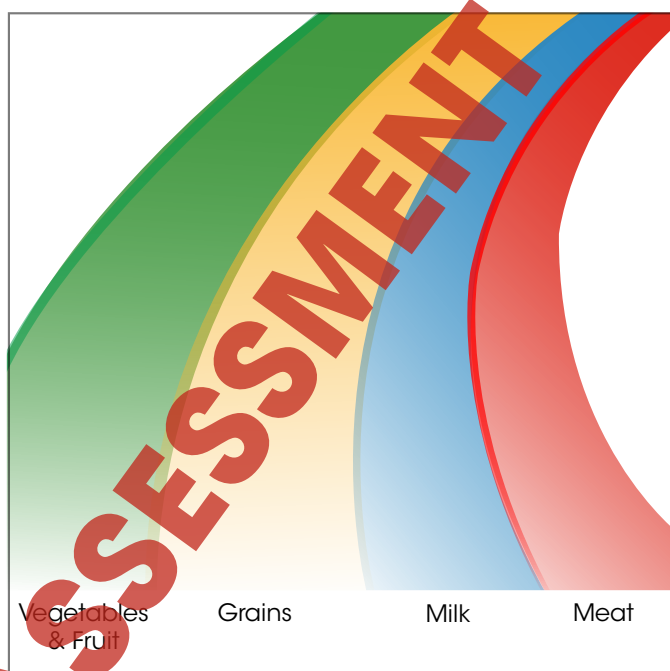
**FREE!**





# Healthy Nutrition and Meal Planning

1. Ana is looking at the Food Guide. She fills out the guide as best she can. Help Ana by listing food items in each category.



2. Finish each sentence with a word(s) from the list.

expiry  
non-essential

ingredients  
recipes

essential  
nutrition

- Franco searched online for different chicken \_\_\_\_\_.
- Good \_\_\_\_\_ leads to a healthy lifestyle.
- Anika buys her \_\_\_\_\_ at the grocery store.
- It is \_\_\_\_\_ the police find the suspect.
- Check the \_\_\_\_\_ date on the milk.
- The board decided to cancel \_\_\_\_\_ activities.



# Healthy Nutrition and Meal Planning

A healthy lifestyle starts with planning and cooking your own food. This lets you know what you're putting into your body. Knowing this will help you stay healthy.

**Try eating lots of little meals instead of a few big meals.**

**Savings Tip**

**Check flyers for sales and make meals that use some of the same things.**

The first thing to do when planning your meal is to look at recipes. Use different meals to make up your week. Have chicken on Monday, then vegetarian on Tuesday. The next thing to do is make your grocery list.

Your grocery list is a list of all the things you need for your recipes. When you have your list, the next step will be to go shopping. Some of the things you will buy will be fresh foods. Others will be pre-packaged. It's important to look at the food labels. Some brands will be better for you than others. For example, canned foods are usually loaded with salt, so try to find ones that have the lowest amount of salt. Also, make sure to check the expiry dates. Look at the back for when the food will go bad.

Now you have your ingredients. The last step in meal planning is to store your food. You may also wish to make all your meals ahead of time. You can then store them in the fridge or freezer. You will learn about food storage and cooking a little later.

## Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

Amount Per Serving	
<b>Calories</b> 230	
	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fibre 4g	16%
Sugars 1g	
<b>Protein</b> 3g	

Look at the food label. Find the calories from fat:

(fat) x 9 = calories from fat

calories from fat = \_\_\_\_\_

Now, find the total amount of calories from fat:

(calories from fat) x (number of servings) = \_\_\_\_\_

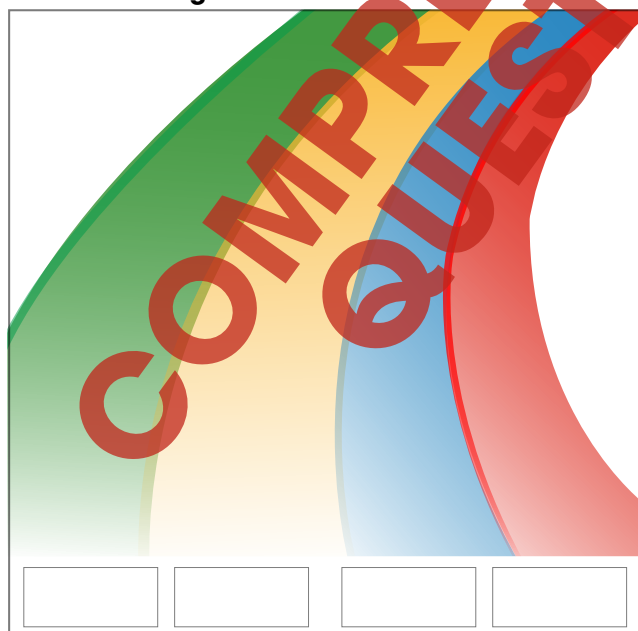


# Healthy Nutrition and Meal Planning

1. Circle the word **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- Essential nutrients are made inside our bodies.  
**TRUE      FALSE**
- Non-essential nutrients can only be found in food.  
**TRUE      FALSE**
- The first step in meal planning is looking at recipes.  
**TRUE      FALSE**
- Check the food labels and expiry dates before buying food.  
**TRUE      FALSE**

2. Label the diagram of the Food Guide.



# Healthy Nutrition and Meal Planning

3. Sophia goes to the store. She buys fruits, vegetables, meat, and grains. When she gets home, Sophia leaves her groceries out. Then she looks at different recipes. She picks some recipes that use the food she bought. Sophia puts the food away. When done, Sophia writes down what she bought in a list.

Sophia's process of meal planning is out of order. Put the steps in the right order. Why is this important?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Graphic Organizer

4. Use the graphic organizer on page 12 to make your own weekly meal plan.

Write down what you will eat during the week. Try to have small meals with snacks in between. This will help you keep a healthy weight. It will also keep you full all day.

If you want, you can use this chart as a tracker. Keep track of what you're eating during the week. Write down how many calories you can have at the top. Write down how many calories you use at the bottom.



## Essential vs. Non-Essential Nutrients

Nutrients are things in food that helps us grow and stay healthy. In other words, nutrients are important. We get these nutrients in the things that we eat. There are two different kinds of nutrients: essential and non-essential.

### Essential Nutrients

Essential nutrients give you energy. You use this energy in your day-to-day life. Walking, breathing and sitting uses energy. These are needed because your body doesn't make them on its own. You can get this energy with:

- proteins (meats, beans)
- fats (fish, nuts)
- carbohydrates (vegetables, fruits)
- vitamins (vegetables, fruits)
- minerals (peanut butter, milk)
- water



### Non-Essential Nutrients

Non-essential nutrients are things that you need every day. They are not needed because your body can make them on its own. In some cases, your body may not be able to make these. Maybe you're sick, or have a disorder, or maybe you're just not making enough. Some non-essential nutrients are:

- non-essential amino acids (protein in muscles, cells and tissues)
- some vitamins (Vitamin D from sunlight)
- fibre (used for digestion)
- cholesterol (made in the liver)

Pick one essential and one non-essential nutrient. Do some research into each one. Make a poster comparing them. Why is this nutrient important? Where can you get it? Show your finished poster or post it online.



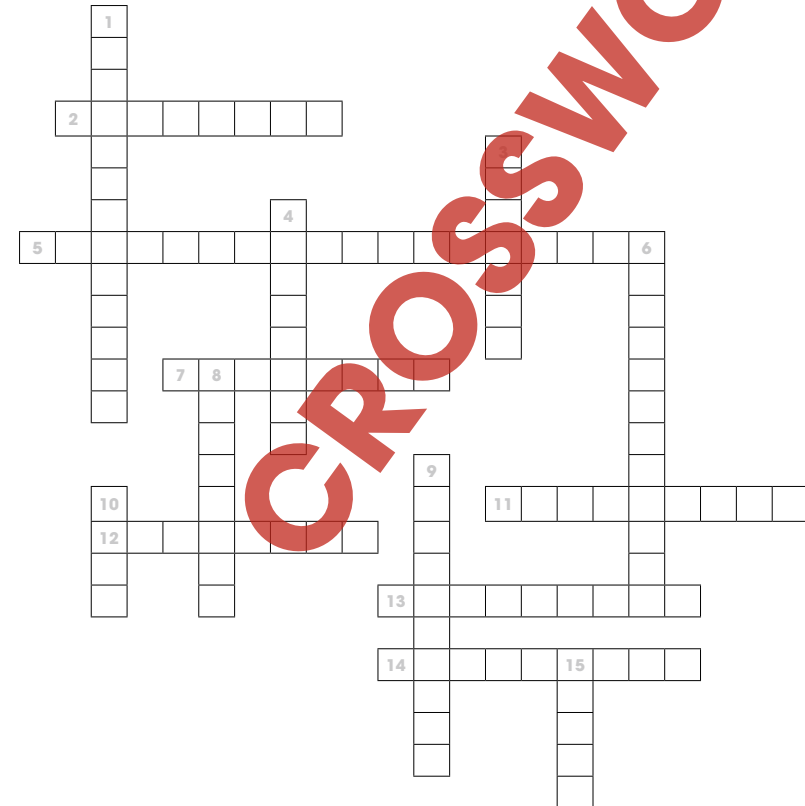
## Crossword Puzzle!

### Across

2. What you show when you're sick.
5. You get this from what you eat.
7. You take this when you're sick.
11. Do this to any surface when cooking.
12. Some people become \_\_\_\_\_ to drugs.
13. When you use drugs too much.
14. People you don't know.

### Down

1. What your weight should be.
3. Brushing your teeth and hair.
4. Burn more of these than you eat to lose weight.
6. What's around you.
8. Doing this will help you lose weight.
9. Eat in \_\_\_\_\_ to stay fit.
10. Being careful about something.
15. Small things that can make you sick.



### Word List

addicted  
body mass index  
calories  
drug abuse  
essential nutrients  
exercise  
germs  
hygiene  
medicine  
moderation  
sterilize  
strangers  
surroundings  
symptoms  
wary



## Comprehension Quiz

### Part A

Circle TRUE if the statement is TRUE or FALSE if it is FALSE.

1. Your weight is a way to track how fit and healthy you are.  
TRUE FALSE
2. How you look and smell sends a message to others.  
TRUE FALSE
3. Steak and chicken are safe to eat raw.  
TRUE FALSE
4. If you eat more calories than you can burn, you will lose weight.  
TRUE FALSE
5. You can only get prescription drugs with a doctor's note.  
TRUE FALSE
6. Dentists say to brush once a day and floss twice a day.  
TRUE FALSE

### Part B

2. Put a check mark (✓) next to the answer that is most correct.

a) When should you wash your hands?

- A After using the bathroom.
- B After being outside.
- C Before eating.
- D All of the above.

b) What is NOT a step to take when your boundaries are crossed?

- A Ignore them.
- B Voice your discomfort.
- C Get help.
- D Protect yourself.

SUBTOTAL: /8

## Map a Safe Route



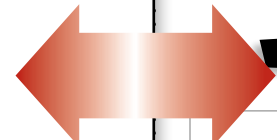


# Healthy Nutrition and Meal Planning

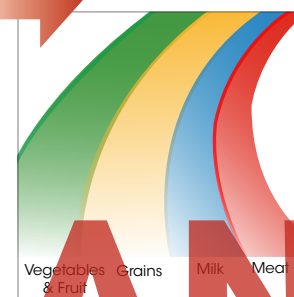
1. **Circle** the word **TRUE** if the statement is TRUE or **Circle** the word **FALSE** if it is FALSE.

- a) Essential nutrients are made inside our bodies.  
**TRUE**      **FALSE**
- b) Non-essential nutrients can only be found in food.  
**TRUE**      **FALSE**
- c) The first step in meal planning is looking at recipes.  
**TRUE**      **FALSE**
- d) Check the food labels and expiry dates before buying food.  
**TRUE**      **FALSE**

2. Label the diagram of the Food Guide.



2.



# EASY MARKING ANSWER KEY

