

A Plan Towards

Healthy Eating

Processed vs Unprocessed – What does it mean?

- Processed Foods – when ingredients such as oil, sugars, or salts are added to foods, and they are packaged
 - (e.g., lunchables, cake, cookies, sugary drinks. Fruit juices, fast food)
- Unprocessed (Whole) Foods – unaltered foods from their original or natural state
 - (e.g., vegetables, grains, legumes, nuts, seafood, eggs)

GAME TIME!

(State whether the following are **processed** or **unprocessed** foods)

Rules:

- 11 Questions total
- Class is split into 2 teams
- Each team will take turns answering questions
- When called upon the student can answer
- If a team member speaks out when not called upon their team will lose their chance to answer













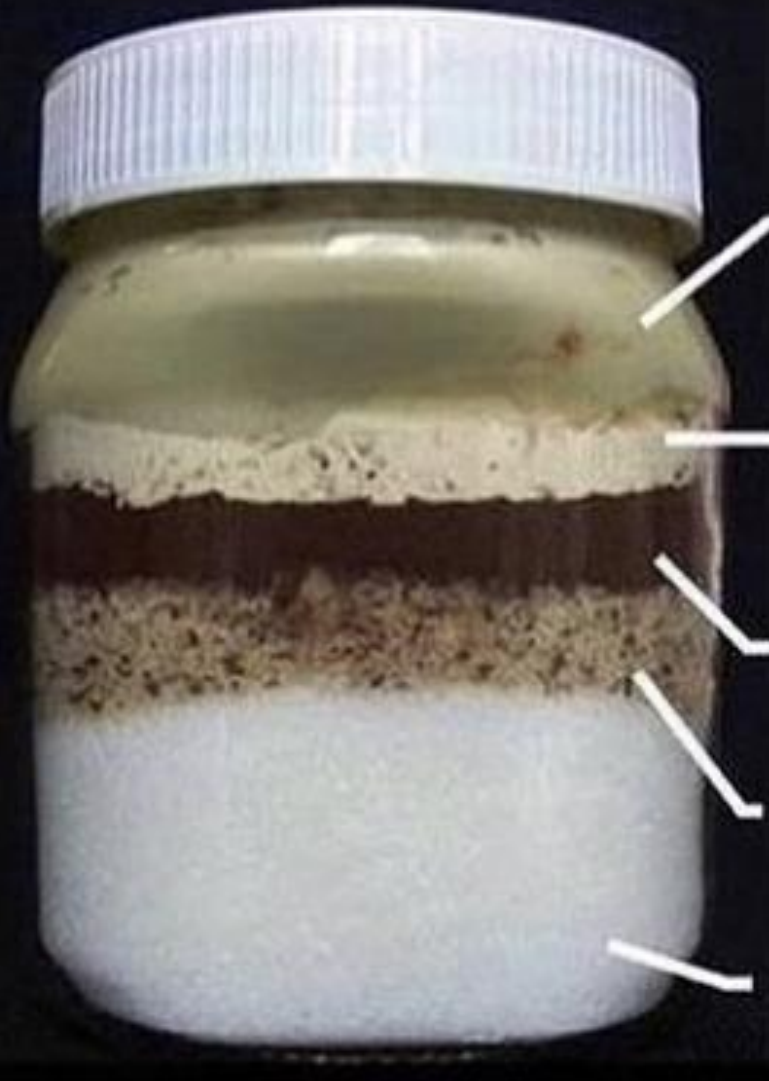












- palm oil
- skim milk powder
- cocoa
- hazelnuts
- sugar



Let's Think!

What in your lunch today is considered processed?

What can we do to limit the amount of process foods in our lunches?

What are examples of foods that are within our main food groups?

- Fruits & Vegetables
- Whole Grain Products (carbohydrates)
- Protein Products (w/ some dairy products)



What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)



Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make Water Your Drink of Choice!



- Did you know that the recommended water intake for adults is about 3.7L. That's about 8 water bottles worth of water per day!
- How to make it our drink of choice:
 - Drink water with your meals
 - Ask for water with your food while eating out
 - Carry a re-usable water bottle when you are out
 - Drink water before/during/after physical activity or playing sports
 - Keep water available to you while at home for easy access

Benefits of Drinking Water (for students)



- Increases energy levels and relieves fatigue which can help students learn and succeed in school
- Improves overall brain function, students are also more focused and can memorize better while consuming water
- Being hydrated can improve digestion and the break-down of foods letting you know sooner when you are full
- Provides a healthy alternative to sugar-sweetened drinks such as, juice boxes, pop, Kool-Aid, etc.

Worksheet

Page 1 (create a table, record what you would think is a healthy eating plan for the rest of the week (Tuesday through Friday))

Page 2 (scenario questions, answer with full sentences and utilize the factors that influence healthy eating)