



Activity Station: Time Crunch! What do I Eat?

Activity Description

Students will be creative and use planning skills while making a weekly snack plan.

Key Messages

- Planning meals and snacks ahead can help you make healthier food choices every day. It can also save you time and might save you money.
- To plan a healthy meal, include foods from Canada's Food Guide.
- The size of your snack may depend on your age, activity level, and how long it is until your next meal. A small snack can be something as simple as vegetables and dip or a piece of fruit. A larger snack may include 2 or more sections of the [Eat Well Plate](#) from Canada's Food Guide such as whole grain foods, vegetables and fruits, and protein foods.
- Use the [Weekly Menu Planner](#) to help plan meals and snacks.
- Canada's Food guide recommends 1/2 of your plate be vegetables and fruits. Planning to eat vegetables and fruits at all meals and snacks is one strategy to eat the recommended amount.

Materials

- Station Title (print x 1)
- Station Instructions (print x 1)
- Worksheet: Weekly Snack Planner and List of Foods (print x 1 per student)
- Handout: [Healthy Snacking](#) (print x 5)

Set-Up

- Place station title, instructions, worksheets, and handouts at station.
- Students may want to refer to the [Canada Food Guide](#) website.

Answer Key for the Activity

There is no answer key for this question, "*Plan a different after school snack for each day of the week using the list of foods.*" Students are encouraged to be creative, use a variety of ingredient options, and balance their snacks by choosing foods from at least 2 sections from Canada's Food Guide's Eat Well Plate.

Activity Station:

**Time Crunch!
What Do I Eat?**

Activity Station:

Time Crunch! What Do I Eat?

Instructions:

- You have a really busy week.
After school, you only have 10 minutes to eat a snack because you have activities.
- Plan a different after school snack for each day of the week using the list of foods.
- Record your snacks on the sheet.

Hint: Try to include 2 sections from Canada's Food Guide Eat Well Plate

Weekly Snack Planner and List of Foods Worksheet

Weekly Snack Planner	
Monday	List of Foods <ul style="list-style-type: none"> • Almonds • Apples • Avocado • Bananas • Blueberries • Broccoli • Canned black beans • Canned tuna • Carrots • Cheddar cheese • Cucumber • Dried apricots • Frozen corn • Granola • Hummus • Oat ring cereal • Peanut butter • Peppers • Pita • Milk • Slices of roasted chicken • Yogurt • Whole grain crackers • Whole grain bread • Whole grain tortillas
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Other creative ideas:	

Some condiments that you can use include:

- Mayonnaise, mustard, margarine
- Olive oil
- Vinaigrette style dressing



Activity Station: Crunchy, Juicy, or Sweet? You decide!

Activity Description

Students will understand the importance of eating a variety of vegetables and fruits, and find creative ways to use them in meals and snacks.

Key Messages

- Canada's Food Guide recommends eating a variety of healthy foods with plenty of vegetables and fruits.
- Eating a variety of vegetables and fruit may lower your risk of chronic disease. Try to fill half your plate with vegetables and fruits at every meal. Enjoy vegetables and fruits as snacks.

Materials

- Station Title (print x 1)
- Station Instructions (print x 1)
- Worksheet: Blank sheets of paper (1 for each student) and coloured markers or pencil crayons
- Worksheet: Blank Meal Plate (print x 1 per student)
- Handout: [Eat More Vegetables and Fruits](#) (print x 5)
- **Optional:** Canada's Food Guide [Canada's Food Guide Snapshot](#) (order [here](#))
- Printable Appendix: Printed photos of a variety of vegetables and fruit. Allow for 1–2 pictures per students. You may need to use duplicates.
- **Optional Activity:** Vegetable taste testing: Provide a variety of vegetables (6–8), washed, and chopped in bite-size pieces for students to sample. Suggestions could include: spinach, beets, zucchini, sweet potatoes, jicama, cassava, parsnips and turnip.
 - Hand wipes or hand sanitizer
 - Spoons, forks, or toothpicks for tasting

Set-Up

- Place station title, instructions, worksheets, markers or pencils crayons and handouts at station.
- Cut food photos into individual cards and display them on a table.

Optional: *taste testing:*

- Wash and cut up samples of food and place on plates or in bowls. Provide hand wipes or hand sanitizer, and spoons, forks or toothpicks for tasting.



Answer Key for the Activity

Meals should have the following proportions:

- $\frac{1}{2}$ plate fruits and/or vegetables
- $\frac{1}{4}$ plate whole grain foods
- $\frac{1}{4}$ plate protein foods

Discussion:

Ask students to describe what meals they created for breakfast, lunch, and dinner.

Other activity options can include:

- Search for recipes that include your selected vegetables and fruits.
- Plan, budget and prepare a series of healthy plate meals. Take photos of the meals and create a class cookbook.

For more information or to order more copies of Canada's Food Guide Snapshot, please refer to the following website: <https://food-guide.canada.ca/en/>

Appendix: Vegetable and Fruit Photos



Kale



Pepper



Cantaloupe



Avocado



Mixed Berries



Spinach



Cabbage



Green beans



Squash



Beets



Broccoli



Orange



Strawberries



Tomatoes



Sweet potato



Pear



Peaches



Zucchini

Activity Station:

**Crunchy, Juicy, or
Sweet? You decide!**

Activity Station:

Crunchy, Juicy, or Sweet?

You decide!

Instructions:

- Select 2 or more of the vegetable or fruit pictures provided to inspire you to create your own healthy plate. Use the blank plate provided to create a drawing of a tasty meal or snack, which includes your chosen foods.
- Be creative! You can use the divided Healthy Plate or the blank plate to create a mixed dish such as a soup, wrap, rice or noodle bowl. Just make sure the proportion of vegetables and fruits fill half your plate.

Blank Healthy Plate

