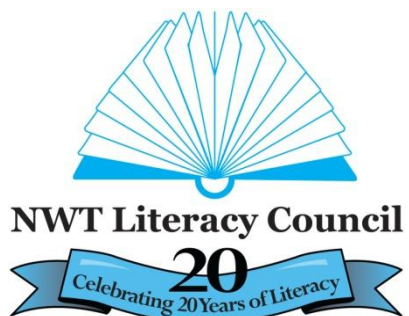


How-to-Kit



20 Fun Nutrition and Literacy Activities

Celebrating 20 Years of the NWT Literacy Council



Other How to Kits & Literacy Activities

This How to Kit was developed to help organizations celebrate literacy in the NWT. It is one in a series of How to Kits that you can download from the NWT Literacy Council website at www.nwt.literacy.ca. You are welcome to photocopy and use the activities in your programs, or adapt them to your needs.

Other How-to-Kits you will find on our website:

- 1-2-3 Rhyme with Me
- Community Book Swap
- Family Reading Party
- Games Night
- Literacy Treasure Hunt
- Pyjamas and Book Party
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Family Literacy Activities Night
- Book Making
- Literacy Games for Adults
- Get Caught Reading & Other Promotion Ideas
- Election
- Environmental Print Games
- More Literacy Games
- Read for 15
- Writing and Publishing Children's Books
- Literacy Survivor
- Writing Contest
- Plan a Family Fun Day
- Involving Families in Children's Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine's Day, Easter, Birthdays
- Puppet Making
- Culture and Traditions
- Books in the Home
- Facilitating a Workshop
- Talking Books
- Family Math
- Family Cooking
- Readers Theatre
- Family Literacy Activities Night 2
- Word & Picture Bingos
- Plan a Family Literacy Fair
- Storysacks
- Science Fun
- Reading with Your Child DVD
- TV Free from A to Z
- Puppets
- 20 Outdoor Family Literacy Activities

You are welcome to download and use these kits.

NWT Literacy Council

Box 761

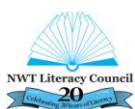
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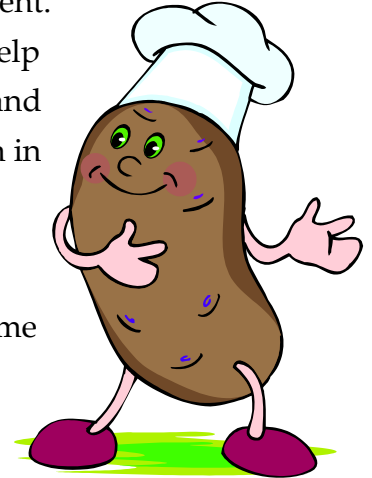
Website: www.nwt.literacy.ca



Early Childhood Nutrition

Childhood is an important time for children's growth and development. Making healthy choices at the grocery store and in the kitchen will help them along their way. This How-To Kit will provide tips, activities and information to help you encourage a healthy lifestyle for the children in your life.

One important thing to remember: everyone likes a treat now and then, and homemade treats are the best. We'll include recipes for some tasty homemade snacks that are good to eat and good for you too.



Nutrition and Early Learning... What's the Connection?

There has been a lot of research that tells us that children who eat healthy foods often do better in school. Why is this? Our bodies are made to use food as a fuel for all of our daily activities. Using your brain is a very important part of your daily life, whether you are six months old or 60 years old. When you eat healthy meals and snacks that contain foods from the food groups, you are making sure that your body is ready to work well.

Nutritionist Charity Alcocer from Calgary explains the nutrition and learning connection: "Research tells us that adequate nutrition in children has been shown to improve learning skills, especially memory work. Inadequate nutrition contributes to lower test scores, irritability and poor concentration," she says. "We do see improvements in learning and behaviour when kids are well nourished. We know that a well-balanced lunch consists of foods from at least three of the four food groups."

Make healthy eating a habit for your child. Her body and mind will thank you for it.

From: <http://www.canada.com/topics/lifestyle/fitness/story.html?id=05f2225a-f952-4a59-aa79-dcde3e612ec3&k=63776>

Following Canada's Food Guide

Canada's Food Guide has a few tips for young children from the ages of two – five years.

- Children can get all the nutrients that they need by following the healthy eating guidelines in Canada's Food Guide
- During early childhood, children need extra calories for growth. These should come from nutritious foods such as milk or peanut butter, which can give them a healthy source of fat.
- Children need small meals throughout the day, since they have small stomachs. Regularly scheduled snacks and meals will help them stay full and get the nutrients that they need.
- Children's appetites may go up and down over a period of time. This can change because of growth spurts, activity levels, being excited or being tired.

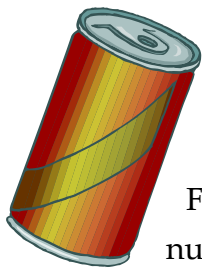


Making sure that children get a healthy amount of food is easier when you use Canada's Food Guide. We have included a copy of the food guide for you to use. Here are a few more tips for using the food guide:

- Children need a total of two cups of milk or fortified soy beverage every day. This helps them to get enough vitamin D.
- Make sure children have enough time to eat and that they have a healthy routine.
- Sit down with children and eat with them. Turn off the TV during mealtimes.
- Let children help get ready for eating. They can set the table or help to wash the vegetables.
- Be patient when offering new foods. Sometimes children won't want to try an unfamiliar food, but make sure you offer this food again. Sometimes it may take up to 13 times before they will eat a new food.

- Set a good example for children. If they see you trying and enjoying new foods, they will be more likely to try new foods themselves.
- Organize fun and easy activities for children. They need to get active to maintain good health. Go out on the land, play traditional games, have a nature walk or go sledding. Children rely on adults to help them stay active.

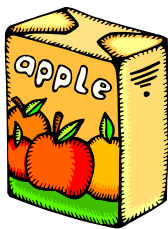
Juice... Pop... “Drink”... Punch... What’s the Difference?



Juice, pop, punch and “drink” are popular choices for children. Often the term “drink” or “punch” is used on juice-style drinks to make the consumer think that they are buying a nutritious juice for their children.

Fruit punches or drinks are very high in sugar and have little or no nutritional value. They can have between 25 and 30 grams of sugar per cup (that’s a lot – especially for a small person). Pop has about the same amount of sugar. The sugar content in pop and fruit punch has been added. It does not occur naturally, as it does in a 100% fruit juice.

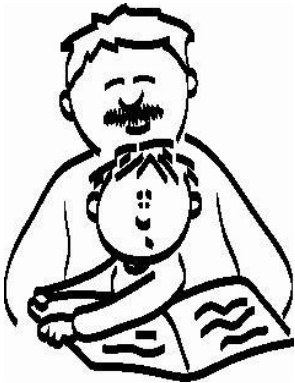
Milk, which also includes calcium and other important nutrients, has only about 12 grams of sugar per serving.



100% fruit juice does provide some vitamins and nutrients that are naturally occurring in the fruit. However, your child will get better nutritional value from eating the fruit itself. It is important to limit the amount of juice a small child drinks every day. Drinking too much juice may fill your child up, and they may not have room for more nutritious foods. Experts say that preschoolers should only drink about 4-6 ounces of juice a day. That is only ½ cup!

Water that comes from a reliable source is an excellent thirst quencher for your child (and best of all it’s free!). If you get your child used to drinking water at an early age, they will have a healthy habit for a lifetime.

Making Healthy Choices



Children’s environment is one of the biggest influences in their nutrition choices. If they see their parents and teachers making good food choices, this will help them to have a healthy food attitude as well. As children get older, they will be influenced more by their peers. However, having healthy and tasty food available in the home will help them make better food choices.

Processed Foods

Processed foods are foods that have been made in a factory, and have added ingredients. Processed foods have been altered from their fresh state, often for convenience. The ways a food could be processed include freezing, dehydrating, refrigerating, etc. Many processed foods have things added to them to increase their “shelf life”. They also often include a lot of trans fat, saturated fat, sodium and sugar. Many processed foods also include preservatives and artificial ingredients like dyes, colors and flavorings.

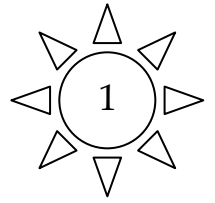
The best way to deal with processed foods is to make them “occasional” foods. Prepare meals and snacks using fresh ingredients, and incorporate a lot of traditional foods into your diet. This will help you to make healthy food choices.

20 Great Tips for Healthy Eating

1. Keep raw vegetables cut and washed in the fridge for quick snacks.
2. Make soup! Soup is a great way to eat more vegetables.
3. Keep your freezer full of frozen veggies. You can quickly add them to soups, stews and casseroles.
4. Put a copy of Canada's Food Guide on your fridge to remind you of your daily serving amounts.
5. You can make fruit salad from canned or fresh fruit. It's a great way to eat fruit. Put a bit of citrus fruit in your salad to keep it fresh.
6. Put berries, apples and other finely chopped fruits into homemade muffins and quick breads.
7. Grate or finely chop veggies such as broccoli, carrots, zucchini, celery, peppers, etc and add them to soups, stews and casseroles if you have fussy eaters.
8. Add extra vegetables to bottled or canned tomato sauce.
9. Try a different vegetable when you're cooking a favorite recipe.
10. Try whole grain breads and pastas.
11. Put some whole grains (like barley) into your soup.
12. Show your kids that you like to eat healthy too!
13. Keep a bowl of fruit on the table, in the fridge or on the counter.
14. Give children milk or water with their meals.
15. To add more dairy products, shred some cheese and add it to your casserole.
16. Try out a smoothie – they're fun, fast and delicious (we have recipes in this kit).
17. Make your own mini pizzas at home – they have a lot less salt than the store bought ones. You can use bannock for the crust. Don't forget to add lots of veggies.
18. Yogurt parfaits are a fun way to start the day, and they include 3 food groups! You can find a recipe in this kit.
19. Make a dip from plain yogurt and some spices for kids to use with vegetables.
20. Read ingredient lists on your favorite foods. You may be surprised at what you find!



20 Fun Activities and Recipes for Healthy Eating



Fruit and Yogurt Parfaits

These cool and creamy parfaits are a great source of fruit and yummy yogurts. Round them out with your favorite cereal for a bit of crunch.

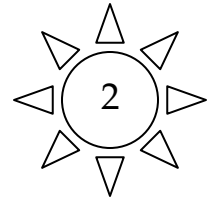
You will need:

- Yogurt
- Fruit
- Cereal
- A glass
- Spoon



What to do:

1. Place two spoonfuls of yogurt in the bottom of the glass.
2. Add some chopped fruit. You can chop it or squash it up so it's nice and juicy. You can use canned fruit, fresh fruit, or frozen fruit (thaw it a bit first!).
3. Layer a spoonful of cereal next.
4. Put on some more yogurt.
5. Add another fruit layer.
6. Finish off with a cereal layer!



Jill's Favorite Pea Soup

Jill shared this pea soup recipe with me and my family loves it! The best thing about the recipe is that the peas can be purchased and kept on your pantry shelf for months, and the rest of the ingredients can be added depending on your taste and what is in your fridge. When my son took it to school (he's 8), the girls in his class told him it looked "radioactive". Instead of succumbing to peer pressure, and being an eight year old boy, he thought that was cool and made him love it even more. So, be sure to come up with a catchy name for your soup... Shrek Soup, Green Goblin Soup, give it a cool name and the kids will come back for more every time.

You will need:

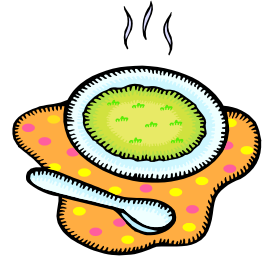
- 2 cups split peas (yellow or green)
- Water to cover the peas
- Onion, chopped fine
- Celery, carrots, potato or turnip (optional, depending on what you have available). These should be chopped into bite sized pieces.
- Garlic, cumin, basil, salt, pepper, whatever spices you like.
- Ham, bacon or other meat, diced (I often make the soup without meat)
- Bouillon cube (beef, chicken or vegetable stock cube)



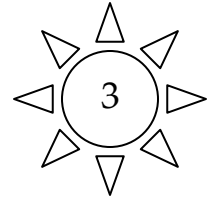
What to do:

1. Place the split peas in a strainer, pick out any that look bad, and there also may be some small stones.
2. Rinse the peas with water.
3. Fry the onion in a bit of water in the pot, until it becomes soft. I just use enough water to keep the onion from sticking.
4. Put the bouillon cube in the pot, add at least 2 cups of boiling water, stir to dissolve the bouillon.
5. Add the rinsed peas.
6. Add vegetable(s) if you are using any.
7. Add meat if you are using any.

8. Add spices.
9. Make sure the soup is always well covered with water.
10. Bring the soup to a boil, and then turn down the temperature so that it simmers.
11. Stir the soup occasionally. This will help to break up the peas.
12. Cook the soup for 1 ½ to 2 hours.



Potato Scramble



The recipe for potato scramble came from Annie Buckle and her staff at the Aklavik Child Development Centre. It contains protein, vegetables and carbohydrates. Round it out with a glass of milk, and you've had each food group!

You will need:

- Potatoes, washed, peeled and cubed (you can leave the skin on if you like)
- 1 onion, chopped into small pieces
- Green peppers, celery, broccoli or any other vegetables that you like (you can use fresh or frozen). Wash and cut these into bite sized pieces.
- 2 eggs
- Cooking oil
- Meat (optional), pre-cooked and cubed.
- Salt and pepper

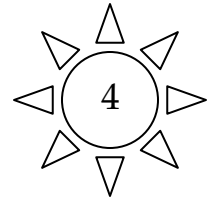


What to do:

1. Fry the onion in a small amount of cooking oil, until soft.
2. Add the cubed potato, and fry until it begins to cook.
3. Add the other vegetables and stir around the pan.
4. Add the meat if you're adding meat.
5. Break eggs and scramble into the pan.
6. Stir the egg and veggie mixture together.
7. Continue stirring until the egg is cooked.



Super Smoothies



Smoothies are a great on the go breakfast, snack, or addition to your meal. You can add different fruit, juices or yogurt when you like.

You will need:

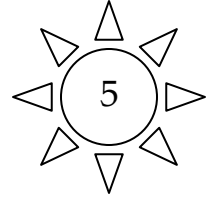
- 4 cups of fruit (fresh or frozen)
- 1 cup plain yogurt (you can use a flavored yogurt, just make sure it “matches” your fruit)
- ½ cup juice
- 1 Tbsp sugar

What to do:

1. Wash and prepare fruit (take off stems, etc.).
2. Put all ingredients into blender.
3. Blend all ingredients until smooth.
4. Enjoy!



Quick Apple Muffins



These whole grain, quick-to-make muffins will be a hit at your house!

You will need:

- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup vegetable oil
- 1 egg
- 1 apple, chopped
- 1 cup white flour
- 1 cup whole wheat flour
- $\frac{1}{2}$ cup sugar
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon

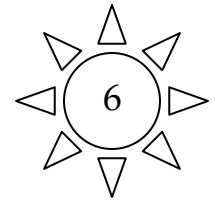


What to do:

1. Heat the oven to 400. Grease 12 muffin tins or line them with muffin cups.
2. Whisk together the milk, vegetable oil and egg in a large bowl.
3. Add the chopped apple and mix together.
4. Combine the flours, sugar, baking powder, salt and cinnamon in a medium sized bowl.
5. Add the dry ingredients to the milk mixture and combine until just moistened.
6. Bake for 25 minutes or until golden.

Recipe from: www.preschoolrock.com

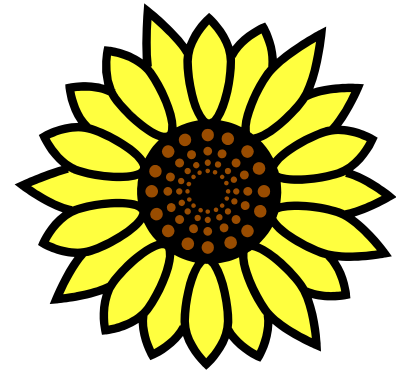
Granola Snacks



These granola snacks have less sugar than cookies, feature whole grains and are really tasty. They don't contain any processed junk. You can substitute different dried fruits for the sunflower seeds.

You will need:

- 1 cup brown sugar
- 1 cup vegetable oil
- 2 eggs
- 1 ½ cup whole wheat flour
- 1 tsp. baking powder
- 2 cups oats (regular)
- 1 cup sunflower seeds (or dried cranberries, pineapple, dried apple, etc)
- ½ tsp. salt

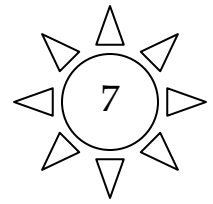


What to do:

1. Preheat the oven to 350. Grease the muffin cups or use muffin liners.
2. Mix the brown sugar, oil and eggs in a large bowl until smooth.
3. Combine the flour and baking powder in a separate bowl.
4. Stir the flour/baking powder and the salt, oats and sunflower seeds into the sugar/oil mixture.
5. Drop a heaping tablespoon of batter into each muffin cup.
6. Spread the batter with a spoon to evenly cover the muffin cup.
7. Bake the granola snacks for about 12 minutes until the edges are brown.
8. Let them sit for a few minutes in the muffin tins before you remove them.

This recipe makes about 48 granola circles.

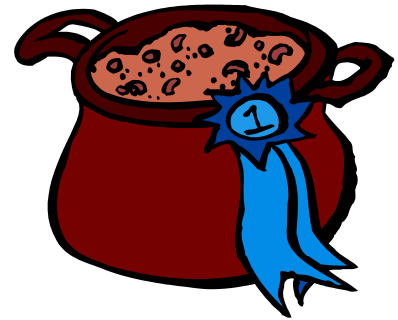
Chili with Whole Wheat Bannock



The great thing about chili is that it is so versatile. You don't really need a recipe, but I usually like to follow a basic one and then add whatever ingredients that I happen to have on hand. For example, you can shred carrots, finely chop broccoli, or cut up celery. Corn is a definite possibility; most kids like corn, and it adds a nice yellow color to the chili.

You will need:

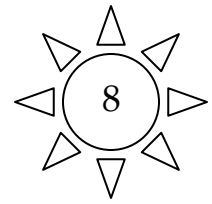
- ½ kg. lean ground beef
- oil
- ½ cup chopped onion
- 1 can tomatoes (diced or stewed)
- 1 can kidney beans (drained and rinsed)
- ½ tsp chili powder
- 1 tsp salt
- Assorted vegetables washed and chopped (peppers, broccoli, corn, carrots, celery, etc.)



What to do:

1. Fry the onion and hamburger in a small amount of cooking oil until there is no pink left in the hamburger.
2. If there is a lot of oil left in the pan, you can drain the oil from the hamburger.
3. Put hamburger and onions in a large pot.
4. Add the rest of the ingredients.
5. Cook over low heat for ½ hour or 1 hour, until added vegetables are tender.
6. You can adjust the seasonings to suit your taste – add garlic, basil, Italian seasoning, etc.

Bannock



What you need:

- 3 cups whole wheat flour (or mix 1 ½ cups white flour & 1 ½ cups whole wheat)
- 3 Tbsp vegetable oil
- 1 tsp salt
- 3 tsp baking powder
- ½ cup sugar
- ¾ cup raisins
- 1 ½ cups water (approximate)

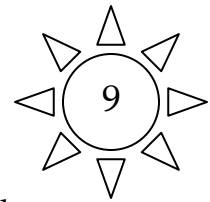
What to do:

1. Preheat the oven to 350 degrees.
2. Mix the flour, sugar, salt and baking powder in a bowl.
3. Add the oil.
4. Add the raisins
5. Stir in the water. If the dough is too dry, you may need to add more water.
6. Knead the dough into a ball.
7. Turn the dough out onto the counter and knead it for 5 minutes.
8. Flatten the dough out until it is about 1 inch thick.
9. Bake the bannock on a cookie sheet for 10 minutes. Flip it over and bake for another 10 minutes.



If you are making the bannock to eat with meat, you may want to omit the sugar and raisins.

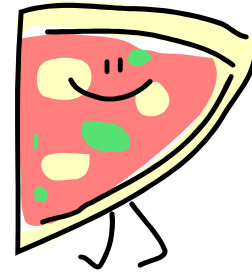
Whole Wheat Pizza Crust



The great thing about homemade pizza is that it is so easy to make and you can use different ingredients depending on your taste. You can top the pizza with different items for different family members.

What you need:

- 1 tsp white sugar
- 1 ½ cups warm water
- 1 Tbsp dry yeast
- 1 Tbsp olive oil
- 1 tsp salt
- 2 cups whole wheat flour
- 1 ½ cups white flour
- Tomato sauce
- Veggies for topping (peppers, mushrooms, onion, pineapple)
- Meat for topping (salami, pepperoni, cooked hamburger, sausage, etc.)
- Grated cheese (mozzarella or whatever kind you like)

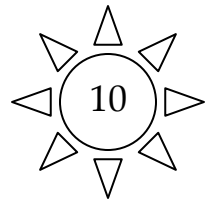


What to do:

1. In a large bowl dissolve the sugar in the warm water.
2. Sprinkle the yeast over the sugar/water mixture and let it stand for about 10 minutes until it foams.
3. Mix the olive oil and salt into the mixture. Add in the whole wheat flour and 1 cup of the white flour.
4. Pour the rest of the white flour onto a cutting board or a clean countertop or table. Place the dough onto the surface and knead until all the flour has been worked into the dough and the dough is smooth (about 10 minutes).
5. Place the dough in a mixing bowl that has been brushed with oil, and turn the dough over so that it is covered in the oil.
6. Cover the bowl with a kitchen towel and let it stand in a warm place until the dough doubles (about 1 hour).
7. Take the dough out of the bowl and put on a lightly floured surface. Knead a bit, and form in a ball. Let it sit and rise for about 45 minutes, until doubled.

8. Preheat the oven to 500.
9. Roll the dough with a rolling pin until it will not stretch out any more. Stretch it out with your hands until you have a large enough circle.
10. Place the crust on a well oiled pizza pan.
11. Bake the crust for 5-10 minutes at 500 degrees. Remove from the oven.
12. Reduce the oven temperature to 450.
13. Add tomato sauce and toppings to the pizza and put shredded cheese on top.
14. Bake for 15 to 20 minutes until cheese is melted and the crust is crisp.
15. Enjoy!

Fish Cakes and Salad



Fish cakes can be made with fresh fish or canned fish. Use whatever you have on hand.

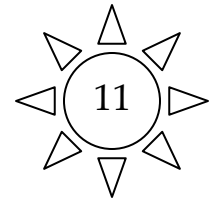
What you need:

- 1 can of salmon or 1 cup of leftover cooked fish
- 1 cup cold mashed potatoes
- ½ onion, minced
- 1 egg
- Salt & pepper
- Oil for frying



What to do:

1. Drain the fish.
2. In a large bowl, combine the fish, potatoes, onion, egg and salt & pepper.
3. Mix the ingredients together with your hands until well mixed.
4. Form the mixture into patties. Use about 1/3 cup per patty.
5. Heat the oil in the frying pan.
6. Fry the fish cakes until golden on one side. Turn them over and cook the other side.

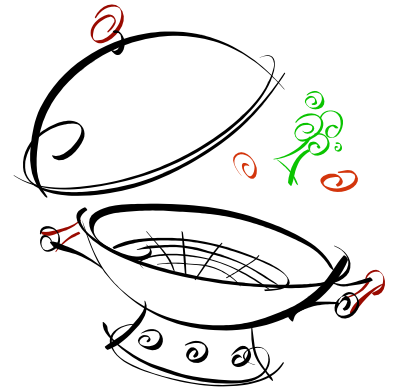


Stir Fry

Stir fry can be made with any meat you have! Try it with caribou or moose meat. You can also add any vegetables that you like. This is one type of sauce that is available for stir fry, but you can experiment with different sauces that you like.

What you need:

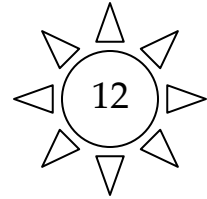
- ¼ cup brown sugar, firmly packed
- 2 Tbsp. cornstarch
- 1 Tbsp. soy sauce
- ¼ cup vinegar
- 20 oz can pineapple chunks, drained. Reserve ¾ cup juice.
- 2 Tbsp oil
- Meat, cut into chunks
- Vegetables – about 2 cups. You can use broccoli, carrots, onions, green peppers, cauliflower, celery, or whatever you have. The vegetables can be fresh or frozen. Make sure to wash them and cut them into bite sized pieces.



What to do:

1. In a small bowl, mix together the sugar and cornstarch.
2. Stir in the vinegar, soy sauce and the reserved pineapple juice. Set this aside.
3. Heat the oil in a large frying pan over medium heat.
4. Add vegetables and stir fry for 8 to 10 minutes.
5. Remove the vegetables from the pan, and keep them warm.
6. Add the meat. Stir fry it until it is no longer pink.
7. Stir the sauce mixture into the meat, and stir until it is thickened and bubbly.
8. Reduce heat to low, stir in pineapple and vegetables.
9. Cook about 2 minutes.
10. Serve with rice or noodles.

Make a Placemat Collage



Make snack or mealtime more fun with your own placemat!

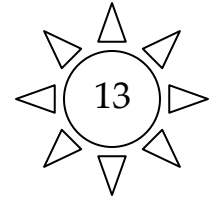
What you need:

- Old magazine pictures of healthy food
- Glue stick
- Scissors
- 1 piece of heavy paper (like cardstock, or use the back of a cereal box, an old file folder, etc.) to use as the background
- Clear packing tape to laminate



What to do:

1. Look through old magazines and cut out an assortment of foods. Try to concentrate on healthy foods.
2. Cut the cereal box or file folder to the size you would like to use. (Skip this step if you're using cardstock)
3. Arrange the foods on your background in a pleasing display.
4. Glue the pictures to the background.
5. To keep your placemat looking good, laminate it with clear packing tape.



Potato Friends

Make your very own Mr. Potato Head in the kitchen!

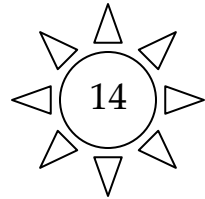
What you need:

- Potatoes
- Toothpicks
- Variety of small vegetables (ie carrot coins, olives, slices of peppers, etc).

What to do:

1. Scrub the potatoes well.
2. Use toothpicks to attach your food pieces to the potato head.
3. Make lots of funny faces.
4. Use some lettuce for hair.
5. Have fun!!!
6. You can cook your potato head when you are finished creating him. Be very careful to remove all the toothpicks, and don't let young children play with the toothpicks unsupervised.

Food Guide Sort!



Use the attached version of Canada's Food Guide to sort foods.

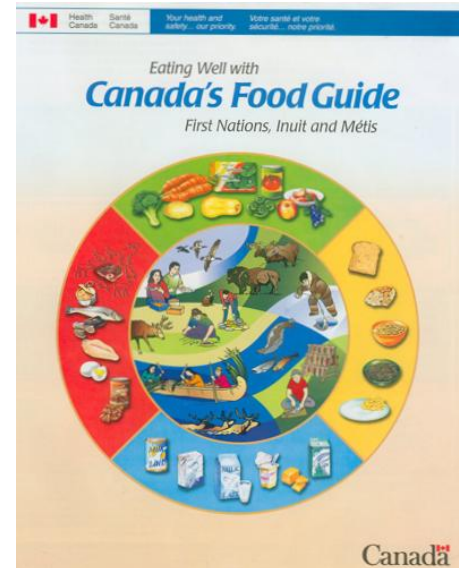
Kids can do this as a group activity or on their own. Maybe they will sort their foods for the placemat craft.

What you need:

- Copy of Canada's Food Guide
- Old magazines
- Scissors

What to do:

1. Cut out pictures of foods from the old magazines
2. Look at the food guide.
3. Decide where the different foods belong.
4. Have fun talking about all the different food groups.





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Eating Well with **Canada's Food Guide** First Nations, Inuit and Métis



Canada¹³¹

How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

Food Group	Recommended Number of Food Guide Servings Per Day			
	Children 2-3 years old	Children 4-3 years old	Teens and Adults (Females)	Teens and Adults (Males)
Vegetables and Fruit Fresh, frozen and canned	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	Teens: 3-4 Adults (50+ years): 2 Adults (51+ years): 3	Teens: 3-4 Adults (50+ years): 2 Adults (51+ years): 3
Meat and Alternatives	1	1-2	2	3

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

- Dark green and orange vegetables: 125 mL (1/2 cup)
- Leafy vegetables and wild plants: cooked (25 mL (1/2 cup) raw 250 mL (1 cup))
- Berries: 125 mL (1/2 cup)
- Fruit: 1 fruit or 125 mL (1/2 cup)
- 100% juice: 125 mL (1/2 cup)

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

- Bread: 1 slice (35 g)
- Banana: 35 g (2" x 2" x 1")
- Cold cereal: 30 g (one food package)
- Hot cereal: 175 mL (3/4 cup)
- Cooked pasta: 125 mL (1/2 cup)
- Cooked rice: white, brown, wild 125 mL (1/2 cup)

Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

- Powdered milk, milk: 250 mL (1 cup)
- Fortified soy beverage: 250 mL (1 cup)
- Canned milk (evaporated): 125 mL (1/2 cup)
- Yogurt: 175 mL (3/4 cup)
- Cheese: 50 g (1/2 oz.)

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide servings of fish each week.* Select lean meat and alternatives prepared with little or no added fat or salt.

- Traditional meats and wild game: 75 g cooked (2 1/2 oz.) (25 mL (1/2 cup))
- Fish and shellfish: 75 g cooked (2 1/2 oz.) (25 mL (1/2 cup))
- Lean meat and poultry: 75 g cooked (2 1/2 oz.) (25 mL (1/2 cup))
- Eggs: 2 eggs
- Beans - cooked: 175 mL (3/4 cup)
- Peas and lentils: 30 mL (2 Tbsp)

When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Traditional fats that are liquid at room temperature, such as seal and whale oil, or oilseed grasses, also contain unsaturated fats. They can be used as oil or part of the 2-3 tablespoons of unsaturated fats recommended per day.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.

Eating Well Every Day

Canada's Food Guide describes healthy eating for Canadians two years of age or older. Choosing the amount and type of food recommended in Canada's Food Guide will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Respect your body... Your choices matter

Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

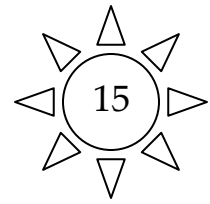
For more information, interactive tools or additional copies visit Canada's Food Guide at: www.healthcanada.gc.ca/foodguide

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel: 1-866-225-0709 • TTY: 1-800-267-0245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien – Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.

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Food Fun Memory Game

Children can have fun in groups or in pairs playing this fun memory game.

What you need:

- A copy of the memory cards printed on the next two pages. You will need two copies of each page.
- Scissors
- Packing tape (if you want to laminate the cards to make them more durable)
- Crayons/markers/colored pencils



What to do:

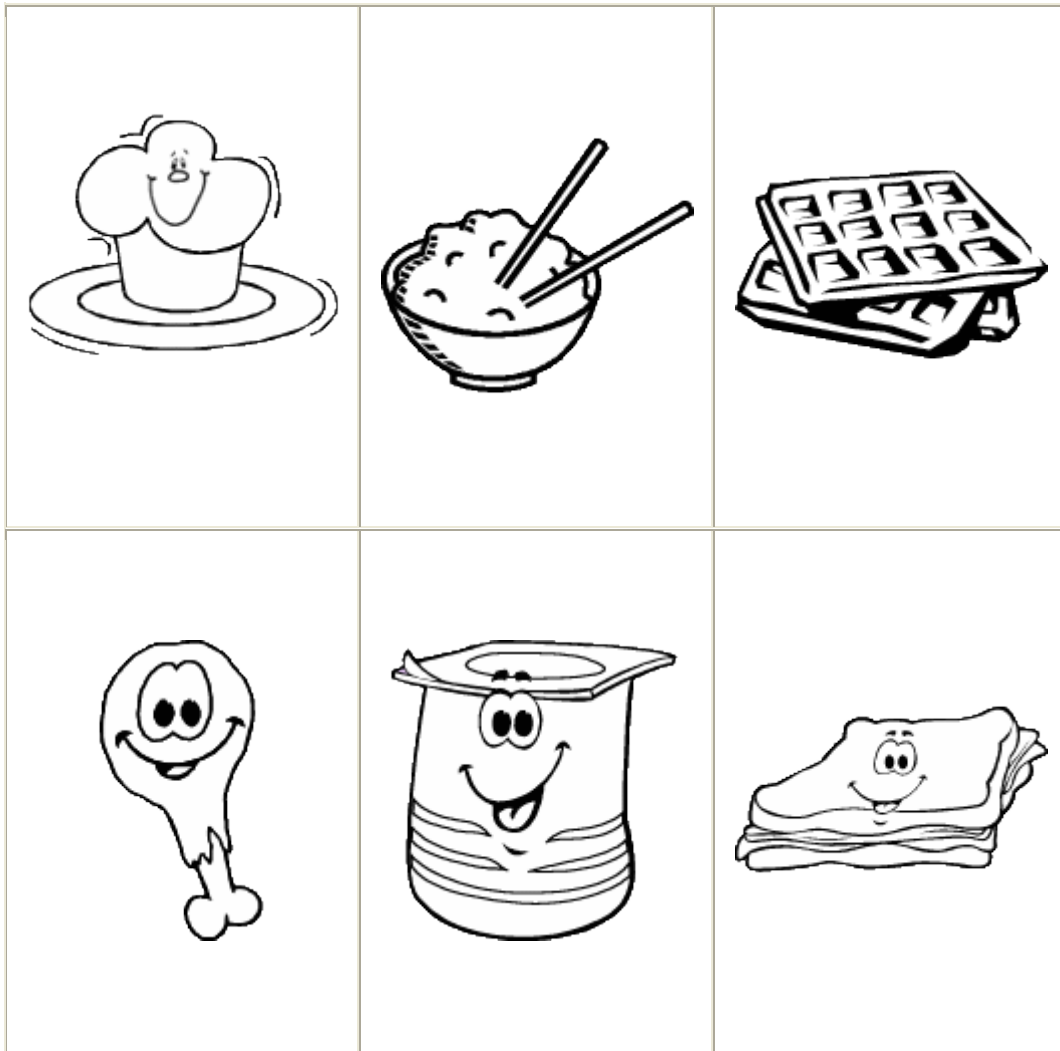
1. Make two copies of the cards. You can use one set for younger children, or two sets to make it more challenging for older children.
2. Cut the cards out on the lines.
3. Let the children color the cards.
4. Cover the cards with packing tape to laminate them if you like.
5. To play the game, turn the cards face down on the table. Each player takes turns turning over a card. You have to try and remember where the matching card is. If you find a match, you keep the pair of cards.
6. The player with the most pairs at the end of the game is the winner.

Source for cards: www.dltk-kids.com

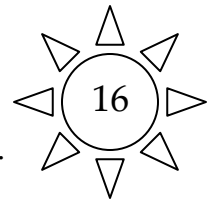
Celebrate Literacy in the NWT










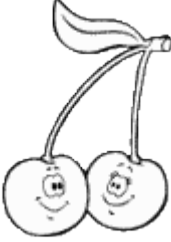








Celebrate Literacy in the NWT



BINGO



Everyone knows how to play Bingo. Have some fun with these food cards.

B I N G O			
			
			
			
			

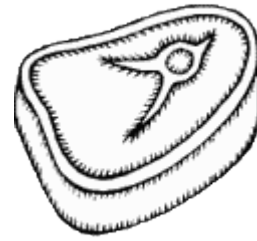
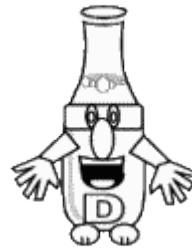
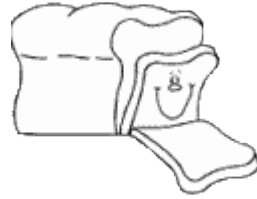
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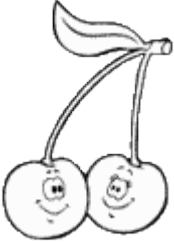











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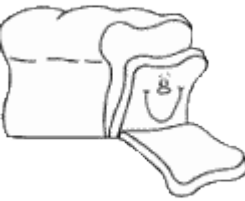






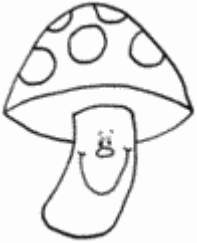
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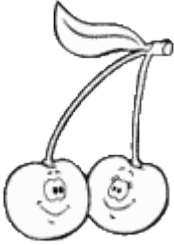








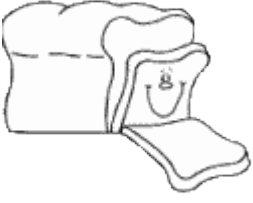


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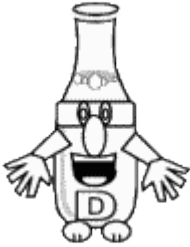









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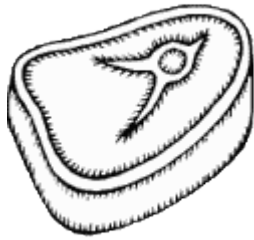






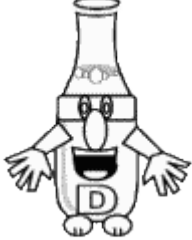

















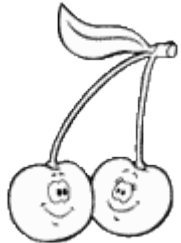


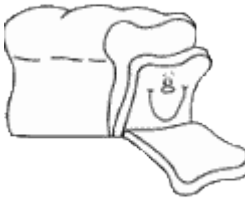

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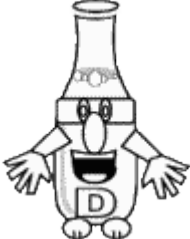

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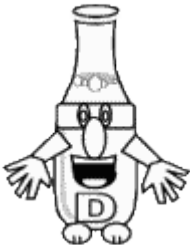
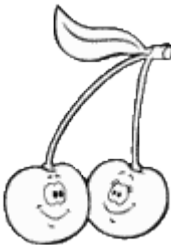








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B	I	N	G	O
				
				
				
				

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Cut apart these calling cards, and pull them out for BINGO

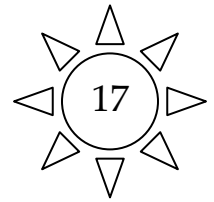


Celebrate Literacy in the NWT



Source: www.dltk-kids.com

Passport to Nutrition



A fun activity for your children at home or in a group setting is to make a tasting passport. Each time they try a new food or recipe you can write the name of the food and the date they tried it along with a sticker. See how many new foods you can add to your passport!




What you need:

- Copies of the tasting passport (1 for each child)
- Crayons, markers, or coloured pencils
- Picture of each child
- Glue stick to attach photo
- Stamps or stickers for the passport



What to Do:

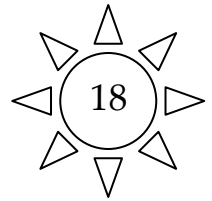
1. Begin by asking children if they have ever traveled to another country. Ask if anyone knows what a passport is.
2. Explain that when people travel to other countries, they must have passports. When we visit another country, such as Mexico or Japan, our passport is stamped when we arrive and when we leave.
3. Tell children there are many different foods in the world. Since they will be trying some of these foods during the next few months, they are going to make a Tasting Passport. Each time they take a "taste" of a new food, they will get their passports stamped.
4. Attach each child's photo to his or her passport. Have each child decorate the cover using crayons and markers.

	
	CHILD'S PHOTO
NAME _____	AGE _____
	

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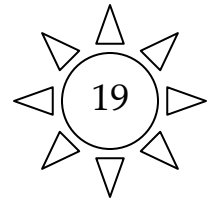
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Share a Traditional Recipe



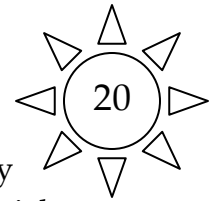
Think of traditional recipes from your culture. What types of foods are celebrated in your culture? Maybe you like dry meat or dry fish. Perhaps your auntie's bannock recipe is the best one around. Talk about traditional foods and share your special recipe with your family and friends.

Cook out on the Land



Share a special time with your family cooking out on the land. Nothing tastes better than food that you cook outside. If you find it too hard to do this yourself, take part in a community gathering. There is sure to be some delicious food available!

Create a Family Recipe Book



A family recipe book is a great way to share special recipes with your family and friends. You could make several of these and give them as gifts for special occasions. This would be a very nice gift for a wedding. If you can photocopy the original recipes, that adds a special touch. Otherwise, print them out on your computer or hand write them. There are many different ways you can keep your special recipes, but here are directions for a padded album that will hold the recipes and allow you to remove and add recipes easily.

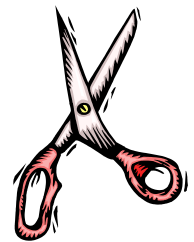
Padded Binder

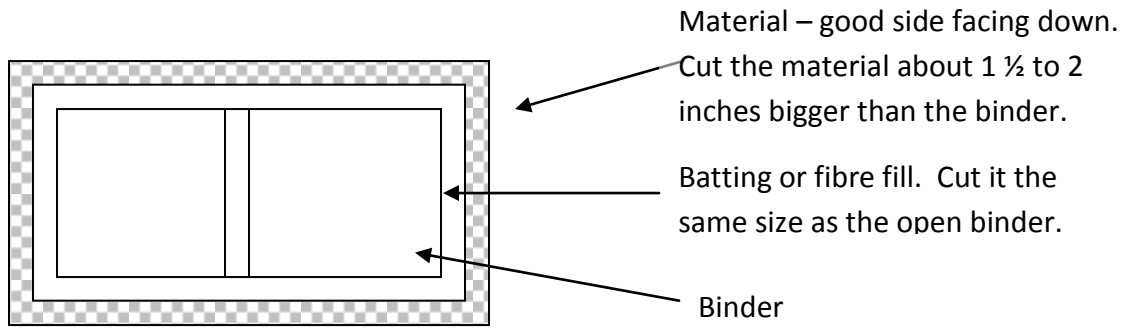
What you need:

- 3 – ring binder
- Cloth
- Batting (fibre fill)
- Glue gun
- Scissors
- Page protectors

What to do:

1. Gather your supplies. Choose your cover material depending on what the book will be used for – baby book, Christmas, etc.
2. Cut the cover material. Lay the cover material on a flat surface. Put the open binder on top of it. Now cut the material so that it is about 1 ½ to 2 inches larger than the open binder.
3. Lay the batting (fibre fill) out on a flat surface. Put the open binder on top of it. Cut the batting so that it is the same size as the binder.
4. Put the cover material (good side facing down) on a flat surface, put the batting on top of the material, and then put the open binder on top of the batting. See the diagram below.





5. Put a line of glue on one edge of the inside of the binder with the glue gun. Pull the material over and attach it to the binder.
6. Repeat this for each side. It is best to do only a small section at a time because your glue will cool down and it won't stick.
7. You can cover the inside cover. Cut a piece of light cardboard or Bristol board (cereal boxes work well too) so that it is large enough to cover the inside cover.



8. Now cut a piece of material that is a bit larger than the cardboard. Use the glue gun to glue the material to the cardboard.
9. Now glue the covered cardboard to the inside front cover. Repeat this for the back cover.

