

UNIT 9: HEALTHY EATING

W11 - Make informed decisions regarding personal healthy eating practices based on connections to wellness.



Combined with physical activity, your diet can help you reach your goal weight, improve your mood and brain activity, reduce the risk of developing chronic diseases, and promote your overall health. A healthy diet is composed of **nutrient-dense** foods, which means you get calories to fuel your daily activities and **nutrients** required to keep your body functioning properly and to help prevent chronic diseases.

EVALUATION: (out of 100 marks)

<50%	50-60%	60-75%	75-85%	85-100%
Incomplete.	All 6 activities are complete but students could have spent more time and effort on their work.	All 6 activities are complete. Answers are vague. Recipe and explanation shows very little understanding of the topic.	All 6 activities are complete. Answers are somewhat detailed. Recipe and explanation shows some understanding of the topic.	All 6 activities are complete. Answers are detailed. Recipe and explanation shows a good understanding of the topic.

ACTIVITY 1: Please watch this short video on the comparison of 1950s nutrition to 2018.
<https://www.youtube.com/watch?v=rxFpcNGr0bl> (4:58)

Take notes on the difference between the two “typical” meals:

1950s	2018

ACTIVITY 2: The Canadian Food Guide has undergone some big changes over the past couple of years. The short video explains the changes:

<https://www.youtube.com/watch?v=mZySOdfiUX8> (1:51)

Changes to the 2019 FOOD GUIDE include:

- No more iconic “rainbow” → new guide focused on “proportions”
- 50% fruit & vegetables, 25% whole grains, & 25% protein
- Category of “meat and alternatives” is now called “protein” and emphasizes plant-based options (lentils and beans)
- Category of “milks and alternatives” is now gone
- Chocolate milk is no longer part of Canada’s Food Guide
- Alcohol is cautioned
- Social and cultural recommendations are included:
 - Eat slower
 - Notice what being hungry and what being full “feels like”
 - Cook at home more; eat out less
 - Eat together
 - Traditional food among indigenous peoples, such as moose, deer, elk, and other traditional food available locally

ACTIVITY 3: Please visit the websites and take notes.

#1: The article *Healthy Eating Basics* found on the Heart & Stroke website:

<https://www.heartandstroke.ca/get-healthy/healthy-eating/healthy-eating-basics>

LIST the 5 tips from the experts (found on website above)

1.

2.

3.

4.

5.

ACTIVITY 4: Please watch the video: What are micronutrients?

<https://www.youtube.com/watch?v=tcTHg-bjfew> (2:07)

In your own words, describe **MICRONUTRIENTS**:

ACTIVITY 5: Set TWO nutrition goals for yourself for the next 7 days. Explain WHY each goal is important to you.

Goal #1:	Why is this important?
Goal #2:	Why is this important?

ACTIVITY 6: Find a recipe that you would like to cook for yourself/family. Make sure the recipe is considered “healthy” and follows the recommendations.

>> Insert recipe here <<

EXPLAIN why this meal is considered “healthy.”