

Name _____

Student Number _ Grade _12

English classroom: (GRADUATION YEAR: _____)



GRADUATION TRANSITIONS: HEALTHY LIVING PLAN



DUE DATE: _____

STEP 1: LEARN WHAT A SERVING SIZE IS & TRACK YOUR EATING

On the next two pages, eating as you normally would, track your daily meals over 2 days. Record everything you eat and drink as best you can. Don't make any special changes to your diet at this time.

You must break each food item up into parts. For example, a ham and cheese sandwich would break up into each component (write each on a separate line as I have in the example below).

EXAMPLE:

TIME OF MEAL	FOOD/DRINK CONSUMED	APPROX SERVING SIZE	FOOD GROUP	# OF SERVINGS <small>(LEARN WHAT A FOOD GUIDE SERVING IS BELOW)</small>
12:00pm	<u>Ham & Cheese Sandwich:</u>			
	-Sliced white bread	2 slices	Grain	2
	-Cheese	3 ounces	Milk	2
	-Lettuce/tomato	½ cup total	Vegetable	1
	-Ham	3 slices/75 grams	Meat	1

A Food Guide Serving is simply a reference amount. It helps you understand [how much](#) food is recommended every day from each of the four food groups. In some cases, a Food Guide Serving may be close to what you eat, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.




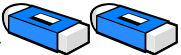
Look at the examples below to find out how much food is equal to one Food Guide Serving.

These are examples of what constitutes ONE Food Guide Serving:

<u>Vegetables and Fruit</u>	<u>Grain Products</u>	<u>Milk and Alternatives</u>	<u>Meat and Alternatives</u>
<ul style="list-style-type: none"> • 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice • 250 mL (1 cup) leafy raw vegetables or salad • 1 piece of fruit 	<ul style="list-style-type: none"> • 1 slice (35 g) bread or ½ bagel (45 g) • ½ pita (35 g) or ½ tortilla (35 g) • 125 mL (½ cup) cooked rice, pasta, or couscous • 30 g cold cereal or 175 mL (¾ cup) hot cereal 	<ul style="list-style-type: none"> • 250 mL (1 cup) milk or fortified soy beverage • 175 g (¾ cup) yogurt • 50 g (1 ½ oz.) cheese 	<ul style="list-style-type: none"> • 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat • 175 mL (¾ cup) cooked beans • 2 eggs • 30 mL (2 Tbsp) peanut butter

Measurements:

Don't know how much 125ml is? Or 75 g? Use this handy chart to help you figure it out:

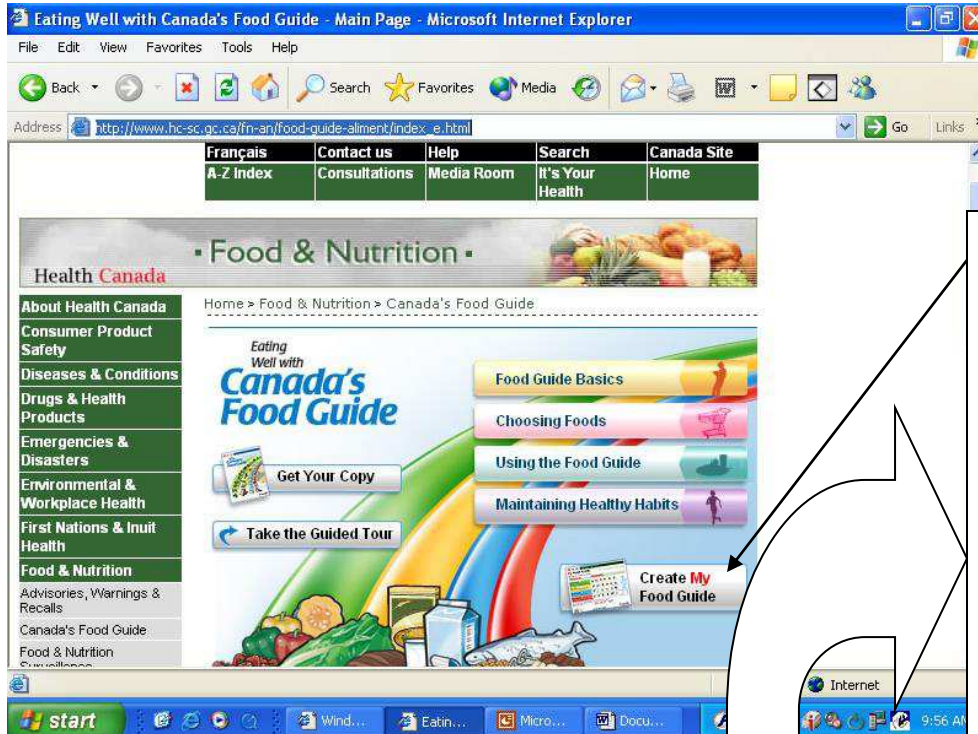
A tennis ball= 125 ml ½ cup 	A deck of cards= 75 g 2 ½ oz meat 	A golf ball= 30 ml 2 tablespoons 	Two erasers= 50 g 1 ½ oz cheese 
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STEP 2:

Go to:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

this link is also available from the Moscrop website



DIRECTIONS:

1. Click on “Create My Food Guide”
2. Follow the instructions to create a food guide poster with your choice of foods.
3. **Print out your Food Guide.**
4. Use the Food Guide information to create your nutrition plan.
5. **Attach your personalized Food Guide** poster to the back of your Personal Healthy Living Plan assignment.

DON'T FORGET TO PRINT YOUR GUIDE!

1. For your age and gender, how many servings of each of the following food groups should you be consuming each day as recommended by the Canadian Food Guide?

Vegetables & Fruit _____ **Grain Products** _____
Milk & Alternatives _____ **Meat & Alternatives** _____

2. Before moving on to the next page, please list any special information about your diet that we may need to understand before assessing your eating habits. Ex/ intolerances, allergies, religious beliefs concerning food, intense athletic training schedule, conditions or diseases (ie/ diabetes)...

STEP 3:

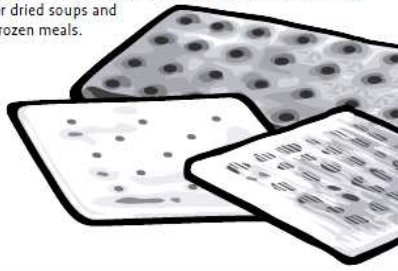
On the next page **develop a nutrition plan that is based on good nutrition habits** (use the recommendations as well as the information you learned from the Canada Food Guide that you printed).

You are creating a sample *healthy* meal plan for one day, based on eating 4-6 smaller, equal sized meals a day (instead of 3 large ones). Be sure to include the appropriate number of servings for each food group, and note the appropriate serving sizes (*see page 2 for help with serving size*). Be sure to include at least one serving of a brightly coloured orange and green food.

Read the information in the table below, taken from Health Canada's information on eating healthy. (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/resource-ressource-eng.php>).

Keep these principals in mind when creating your one day HEALTHY meal plan and try to follow all of the recommendations.

<p>WHAT TYPE OF FOOD SHOULD PEOPLE CHOOSE?</p> <p>The type of food that people eat is just as important as the amount. Canada's Food Guide provides direction on specific foods to choose within each food group. Guidance to direct people's choices includes:</p> <ul style="list-style-type: none">• Eat at least one dark green and one orange vegetable each day.• Have vegetables and fruit more often than juice.• Make at least half of your grain products whole grain each day.• Drink skim, 1% or 2% milk each day.• Have meat alternatives such as beans, lentils and tofu often.• Eat at least two Food Guide Servings of fish each week.• Include a small amount of unsaturated fat each day.• Satisfy your thirst with water. <p>In addition, Canada's Food Guide encourages people to choose foods lower in fat, sugar and salt. Guidance to support these choices includes:</p> <ul style="list-style-type: none">• Choose vegetables and fruit prepared with little or no added fat, sugar or salt.• Choose grain products that are lower in fat, sugar or salt.• Select lower fat milk alternatives.• Select lean meat and alternatives prepared with little or no added fat or salt.• Limit foods and beverages high in calories, fat, sugar or salt.	<p>Lower in fat</p> <p>Canada's Food Guide encourages people to choose lower fat options to reduce the total amount of fat in their diet and reduce the amount of saturated and trans fats they consume. Higher fat foods are often higher in saturated and trans fats. These kinds of fats put people at higher risk of cardiovascular disease.</p> <p>People should try to limit the amount of saturated and trans fats that they eat. Saturated fats are found in fatty meats, higher fat milk products, butter, lard, shortening, hard margarines and tropical oils such as coconut and palm oil. Trans fats are found in many deep-fried foods, fast foods, salty snacks and baked goods made with shortening or partially hydrogenated vegetable oils. People can find the total amount of fat and the amount of saturated and trans fats in food by looking at the Nutrition Facts table on the packaging.</p> <p>Lower in sugar</p> <p>Canada's Food Guide recommends eating foods lower in sugar to help limit extra calories in the diet. Baked goods and desserts, such as cakes, candies, chocolate, cookies, doughnuts, ice cream, muffins, pastries and pies, and sweetened cold and hot beverages, such as energy drinks, fruit flavoured drinks, soft drinks, sports drinks, hot chocolate and specialty coffees, can be high in sugar and should be limited.</p> <p>Lower in salt</p> <p>Most people get more sodium than they need, especially if they eat packaged, processed foods and meals made outside of the home. Some of the foods that can be high in sodium include snack foods, such as crackers, nachos, potato chips and pretzels, cheese, gravies and sauces, processed luncheon meats, canned or dried soups and frozen meals.</p>
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STEP 3 (cont):

Create your one day healthy meal plan here. See the instructions on the previous page.

		Approx Serving Size	Food Group	# Of Servings
Meal 1 TIME: _____	Example: Whole wheat toast	1 slice	Grain	1
Meal 2 TIME: _____				
Meal 3 TIME: _____				
Meal 4 TIME: _____				
Meal 5 TIME: _____				
Meal 6 TIME: _____				

Total Servings: **Vegetables & Fruit = _____** **Grain Products = _____**
 (add them up) **Milk & Alternatives = _____** **Meat & Alternatives = _____**

Does the total servings of each food group consumed MATCH how much you SHOULD be consuming (as recommended by the Canadian Food Guide-Pg. 5)??
 (Circle one) **YES** **NO** (if no, adjust your meal plan to meet the recommendations)

Did you eat at least one orange vegetable? (ex/ yams, carrot, pepper, etc.) yes / no
 Did you eat at least one dark leafy green? (ex/ kale, spinach, collard greens etc.) yes / no

STEP 4: Answer the following questions thoughtfully. Be specific.

1. Now that you have seen what your 'ideal' nutrition plan should look like, reflect on the two tracked days of eating that you recorded in Step 1. In terms of health, how would you rate/evaluate your eating habits?

2. What surprised you in this process? What did you learn?

3. Identify weaknesses in your diet. Describe 3-6 changes you need to make, in order to follow the recommendations made by the Canada Food Guide for Healthy Living, as well as other health information you have learned at school. In other words, how can you improve your eating habits? Remember to be specific!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

4. Explain how eating and drinking healthy foods & beverages contributes to your overall good health. What are the positive ways it affects you? (list at least 3 ways)

5. You are required to complete 150 minutes of physical activity per week in your Grade 10, 11 and 12 years. What activities are/will you be engaged in? Describe the plan for achieving this requirement that would work best for you.

6. What are your plans for including physical activity in your life, as you grow older? (after high school?)

7. What do you do when you encounter stress in your life? Check off the techniques you use to manage your stress in a positive way:

- | | |
|--|--|
| <input type="checkbox"/> Talk to friends/family members | <input type="checkbox"/> Organize yourself (make a to-do list) /prioritize |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Think positively |
| <input type="checkbox"/> Exercise: (describe) _____ | <input type="checkbox"/> Read a good book |
| <input type="checkbox"/> Sleep/Rest | <input type="checkbox"/> Write in your journal |
| <input type="checkbox"/> Do something to distract your mind: video games, walk, TV, other: _____ | |
| <input type="checkbox"/> Other: _____ | |

8. List some of the positive health decisions you have made in your high school years. Also, explain what motivated you to make these decisions.
