**FOOD GUIDES ASSIGNMENT**

You may work in pairs

**Your Task:**

**Presentation on Tuesday March 1st:**

* Choose a food guide from a different country and compare it to Canada’s
* Provide 5 similarities and 5 differences (consider the food groups, activity recommendations, other foods, detail) BE SPECIFIC with information from BOTH food guides
* Explain why their food guide is different (is it because of the foods available in that country, is it due to something in their culture or lifestyle?)
* With **Canada’s food guide** plan a meal and explain:
  + Why is it healthy and balanced?
  + How does it include all of the food groups?
  + Which nutrients does it provide? (fats, proteins, carbohydrates, vitamins, minerals, water)

**Written Component due Tuesday March 1st:**

* Research how Canada’s Food Guide was developed and in a paragraph answer the following questions
  + Who was involved in the creation of the food guide?
  + How did they determine the kinds of foods required and the recommended serving sizes?
  + How has it changed from the previous Canada’s food guides?

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| **Category** | **Grade** | **Comments** |
| **Knowledge**: student demonstrates an accurate understanding Canada’s Food Guide and that of another country  Student is able to thoroughly and accurately explain the research behind Canada’s Food Guide |  |  |
| **Thinking:** Student is able to identify and explain the similarities and differences between the food guides and why the food guide from another culture is different |  |  |
| **Communication:** ideas are organized and clear. Spelling and grammar are accurate. |  |  |
| **Application:** Student is able to use the food guide effectively to plan nutritious meals. Student explains why the meal is balanced and which nutrients are provided |  |  |