

EATING OUR WAY TO A HEALTHY BODY

OBJECTIVES

- Identify the different food groups
- Describe characteristics of the food groups
- Sort objects into groups according to these characteristics
- Sort food picture cards into different food groups
- Make link to healthy eating and good training
- Make smoothies and count servings of each food group

ACTIVITY DESCRIPTION

This activity will introduce and explain the four (4) major food groups plus oils and fats, as well as the importance of each food group. The paddlers will then sort foods into groups and identify the difference between healthy and unhealthy snack. If facilities allow, the paddlers can then make smoothies and calculate the servings from each food group.

BACKGROUND

Grains Products

This group includes products made from grains (wheat, barley, oats, rye, etc), such as bread, cereal, rice, and pasta. These foods are rich in vitamins, minerals and carbohydrates such as starch and fiber. Whole-grain food is healthier since it has more fiber than processed food. Examples of good food choices from the bread group include oatmeal, brown rice, quinoa, couscous, corn tortillas and whole wheat bread. Less healthy choices include doughnuts, cake, pastries, white flour pasta, white bread, sugary breakfast cereals, and white rice.

Vegetables and Fruits

Fruits: The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. This group includes many types of fruits such as apples, oranges, mangoes, papayas, melons, cantaloupe, apricots, peaches, and grapes. They provide water; vitamins; and carbohydrates, such as fiber and sugar. It is important to eat a variety of fruits since each type of fruit provides different types of vitamins.

Vegetable: Vegetables are defined as the parts of plants that are cultivated for eating; such as roots (celery), stems (hearts of palm), leaves (spinach) and buds (broccoli). This group contains a wide variety of food that is low in calories and fat, yet rich in carbohydrates, vitamins and minerals. Examples include spinach, lettuce, cabbage, peppers, leafy green vegetables like kale, and broccoli.

Meat and Alternatives

This group includes fish, poultry, meat, dried beans, eggs, and nuts. They provide protein, which is a major part of body cells and it is needed for growth, development, and a healthy immune system. Some meats are high in fat, so you need to choose leaner types of meat and avoid eating visible fat.

Milk and Alternatives

This food group includes milk, yogurt, and cheese, which are important because they provide vitamins, minerals, and protein. Calcium is a particularly important mineral for healthy bones and teeth. Food from this group can be high in unhealthy fat, so it is important to learn how to make healthy choices.

Oils and Fats

MATERIALS

- Copies of Canada's Food Guide – one for each paddler
- Food cards or pictures
- Examples of types of food for each group (optional)
- Handouts: Classifying Foods, Healthy Eating Checklist, Food Cards, Smoothie recipes **(BE CAUTIOUS OF FOOD ALLERGIES!!)**

ACTIVITY INSTRUCTION

Activity 1: Food Groups

1. Using the food group headers – spread them out on the ground. With your basket/bag of examples, walk up to the first header. Give a brief description of the group (see above background information). Ask paddlers to pick things out of the basket/bag that belong under that header. Repeat for all the headers.
2. Once all the food is sorted and the paddlers have a good idea of the food groups, hand out the Classifying Foods handout and have them fill it out. Review it as a group.
3. Food group relay: Divide the paddlers into teams. Have bags of cards or examples for each team (they do not need to be the same) and a set of headers. When you start, the first runner from the team runs and grabs an example or card and then sorts it under the correct header. If they are unsure, they can ask their team for assistance.
4. First team to finish wins.
5. You can also just do a big group activity and time it against the clock, or just do the activity without any timing.

Activity 2: Servings per Person



A program of CanoeKayak Canada

1. As a group review how many servings of each group they as a paddler should be getting per day.
2. Handout Healthy Eating Checklist and have them fill it in for that day – or can assign for a later day.
3. Review the following day before practice begins and identify deficiencies and offer suggestions.

Activity 3: Smoothies

Materials Required

- Blenders
- Food
- Canada's Food Guide
- Serving Checklist

1. Go through ingredients for the different smoothies and have paddlers identify which groups they are from.
2. Divide paddlers into groups – each group will make a different smoothie
3. Make smoothies and taste test
4. Identify food group servings per smoothie
5. Explain uses of smoothies and how they fit into an athlete's diet.

CLASSIFYING FOODS

Place the following foods in the correct food groups

Pinto Beans	Macaroni	Zucchini	Spaghetti	Meatballs
Tomatoes	Oatmeal	Broccoli	Pickles	Mushrooms
Watermelon	Crackers	Rice	Cheese String	Toast
Orange Juice	Peanut Butter	Yogurt	Sausage	Chicken
Green Beans	Mozarella	Tuna	Cucumber	Hot Dog
Noodles	Milk	Eggs	Strawberries	Potatoe
Hamburger	Cauliflower	Apple	Bagel	Muffin
Patty				
Shrimp	Quinoa	Dahl Bread	Grapes	Spinach
Carrots	Lettuce	Pancakes	Fries	Butter
Beef	Ice Cream	Asparagus	Cereal	Raisins

Grain Products	Fruits and Vegetables	Milk and Alternatives	Meat and Alternatives	Oils and Fats

1. Add one food to each group which is not on the list.
2. Circle your favourite food in each group.



A program of CanoeKayak Canada

Food Headers

**VEGETABLES AND
FRUIT**

GRAIN PRODUCTS

**MILK AND
ALTERNATIVES**

**MEAT AND
ALTERNATIVES**

A Canadian Sport for families,
communities and champions



Un sport canadien pour les familles,
les communautés et les champions