



# Cooking and Meal Plans

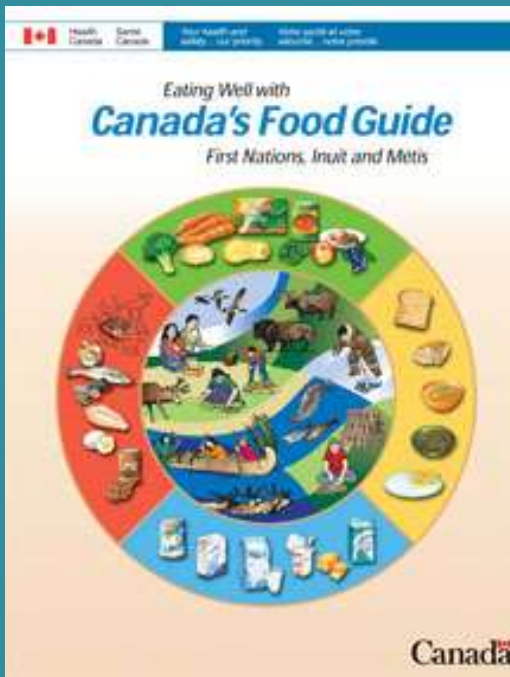




# Sharing circle

What kinds of food  
do you think you should eat  
at every meal?





# The Canadian food guide

Canada's food guide is divided into four food groups and recommends that you eat from each of these groups every day. The food guide also provides the recommended amount of food for people of different ages, heights, and weights. It also shows how to have a variety of foods with every meal.

**Canada's food guide** **Eat well. Live well.**

**Eat a variety of healthy foods each day**

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

**Healthy eating is more than the foods you eat**

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others
- Use food labels
- Limit foods high in sodium, saturated fat or added sugar
- Be aware of food marketing

Discover your food guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

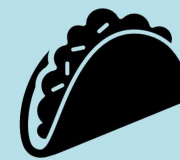
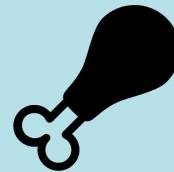
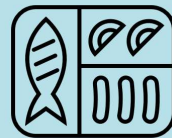
Health Canada Santé Canada **Canada**

The Canadian food guide also recommends the amount of food you should eat to grow, thrive, to meet your needs for vitamins, minerals and other nutrients and to help prevent health problems in your diet.



# What is a meal plan?

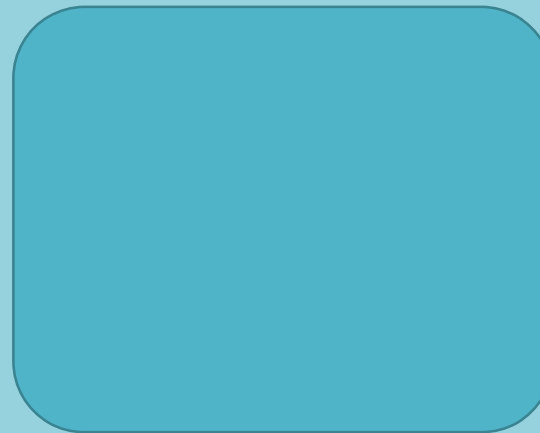
A meal plan is a way to plan your meals ahead. There are many ways to meal plan the first way is to write your meals down on paper, keeping a food plan planner/organizer. You can make a food plans digitally ( a spreadsheet, digital calendar, on a notes app, etc.) some people buy a meal plan where they will have recipes emailed/ mailed to them or they buy apps that help them meal plan. Meal planning allows you to save time, be more organized, and to incorporate a variety of food groups in your meals.



**Weekly Planner** Week Of: \_\_\_\_\_

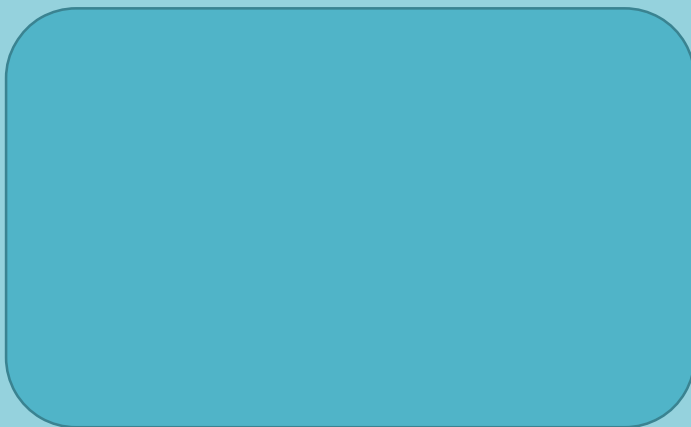
	Breakfast	Lunch	Snacks	Dinner	Shopping List _____ _____ _____ _____ _____ _____ _____ _____
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

www.templateoplan.com



# Making a meal plan

These are some templates you can use when you make a meal plan. These templates can help keep you organized when making a meal plan. They will also help you ensure that you put together a recommended serving of each food group within a week of the Canadian food guide.



**weekly menu** week of: \_\_\_\_\_

	breakfast	snack	lunch	snack	dinner
sunday					
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					

# Break time

We will take a 5 minute break. During the break you can try and guess what the national fruit is for each country listed below. for example, the national fruit of Spain is grapes.

Canada

England

Bahamas

China

Blueberries

Apples

Mangos

Kiwis





# Why are meal plans and healthy eating important?



Meal plans are important because they allow you to incorporate all the food groups. Meal plans can help you save time, money, and allow you to avoid the waste of food in your household. Meal plans also help you ensure that you are getting the nutrition and vitamins you need. Healthy eating gives you more energy for longer, helps you grow, and thrive. Healthy eating also promotes healthy eating habits. It also allows you to feel better, it gives you more energy, and it helps your immune system.

# Which one is a healthy meal plan?

## Meal plan 1

Breakfast- frootloops and toast

Lunch- chips and pizza

Snack- more chips

Dinner- Fast food



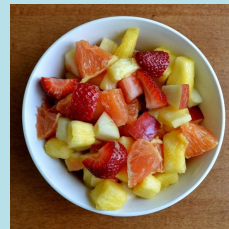
## Meal plan 2

Breakfast- eggs and toast

Lunch- a wrap and fruit

Snack- cheese and crackers

Dinner- rice and chicken



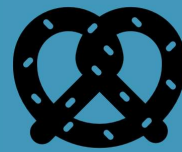




# What are the benefits to cooking at home

Here are some benefits to cooking at home:

- it is a good way to reduce stress
- cooking also allows you to be creative with what you are doing
- cooking is a life skill that you can use in the future
- it is a fun activity to do with your friends or family
- it gives you a break from your screens/ devices
- cooking at home can sometimes take less time than ordering
- it is a good way to make sure you are getting the recommended servings
- it also allows you to know what exactly you are putting in your body

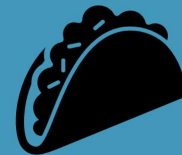


## Activity

Draw a plate on your paper  
then draw your favorite food on  
the plate.

What you'll need

- paper
- something to draw with  
(markers, pencil crayons,  
crayons, pen, pencil)



# Cooking and Recipes

Here are some recipes that you can try at home. They include many options for dinner and lunch. There is also recipes for baking. these are all easy recipes for beginners, and they all have the amount of time they take to cook and prep.

<http://www.foodnetwork.com/topics/easy-dinner>

<http://www.foodnetwork.com/topics/easy-lunch>

<http://www.foodnetwork.com/topics/easy-baking>





# Questions

Are there any questions about meal plan and/or healthy eating/cooking