

## **You are what you eat: Meal Planning and Canada's New Food Guide - Nutrition Unit**

**Your task:** It's important that we try to eat well. Design a meal plan for one day, using ingredients available in your house. Try to use the Food Guide provided as a guide. Your meal plan should cover 4 meals over the course of a day, Breakfast, Lunch, a **healthy** snack, and Supper (dinner). You will also be asked to provide a justification for why you picked the meals you did and a reflection on what it was like to design a meal plan.

### **Guiding questions:**

Does your meal have emotional significance?

Is it your favourite meal?

How do you feel about the new food guide?

How hard - or - how easy was it to find recipes and meals that fit in with the food guide?

How did you feel about preparing the meal? Eating it? How did you feel afterwards?

### **Activities:**

Part 1)

Find 4 recipes: these can be copied from your family's favorite recipe book(s), found online or a mix of the two. If you decide to use online sources, please provide a copy of the recipes and a link to the online source. Involve your family in selecting these recipes. Explain how they fit within the new Canada Food guide.

Part 2)

Explain why you picked the recipes you did. In what ways does it fit into the food guide? Food has a social and emotional aspect. Tell me the story of the food you picked, why it appealed to you and your family. This should be about one paragraph.

Part 3)

Reflect on what it was like to prepare these meals. What did you like? What didn't you? What went well? What didn't? How did you feel after your meal?

**Extension:** Document your process with pictures or video. Provide images of the completed dishes.

**A completed assignment package should contain the following:**

- 2 paragraphs (explanation and reflection)**
- 1 meal plan**
- 4 recipes**
- Any extension's that you decided to complete**

Mr. Perl – Grade 8/9

You will be assessed using the rubric below:

4	Student has handed in a complete, properly formatted assignment that fully meets expectations in terms of comprehension and a willingness to engage with the work being studied. Response is easy to read and contains few, if any, errors.
3	Student has handed in a complete, properly formatted assignment, but it only shows a surface reading of the work. It may appear to have been hastily executed for the sake of completion rather than to achieve an understanding of the work or works being studied. This response may contain some basic errors, but none that interfere with meaning.
1 or 2	Student has submitted the assignment, but it shows little understanding of the reading and is clearly insufficient in terms of effort. This assignment may be incomplete and may include errors that interfere with meaning.

This is a template for a meal plan you can use for guidance (you can format your plan however you like) on the next page as well as a copy of the Canadian Food Guide. On the last page you will find an example if you are looking for guidance.

<i>Date:</i>	
<i>Breakfast</i>	
<i>Lunch</i>	
<i>Snack</i>	
<i>Dinner</i>	

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

Discover your food guide at

## Canada.ca/FoodGuide

# Healthy eating Recommendations



**Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.**

**Be mindful of your eating habits**

- Take time to eat
- Notice when you are hungry and when you are full

**Cook more often**

- Plan what you eat
- Involve others in planning and preparing meals

**Enjoy your food**

- Culture and food traditions can be a part of healthy eating

**Eat meals with others**

**Make it a habit to eat a variety of healthy foods each day.**

**Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.**

- Choose foods with healthy fats instead of saturated fat

**Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.**

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

**Make water your drink of choice**

- Replace sugary drinks with water

**Use food labels**

**Be aware that food marketing can influence your choices**

<p><u>Example</u> Date: April 6, 2020</p>	
<p><b>Breakfast</b> <i>Steel Cut Oats with Sautéed Apples, Cinnamon Butter and Toasted Walnuts</i></p>	<p><b>Cinnamon Butter</b> 1/4 cup (1/2 stick) unsalted butter, room temperature 1 teaspoon maple syrup or brown sugar 3/4 teaspoon ground cinnamon 1/4 teaspoon kosher salt</p> <p><b>Sautéed Apples</b> 1/4 cup butter 4 large tart apples - peeled, cored and sliced 1/4 inch thick 2 teaspoons cornstarch 1/2 cup cold water 1/2 cup brown sugar 1/2 teaspoon ground cinnamon</p> <p>Your choice of oats boil as per package instructions Combine butter and Sautéed Apples and serve</p>
<p><b>Lunch</b> <i>Kale Salad with Marinated Big Beans and cooked grains</i></p>	<p><b>Marinated Beans</b> 1x 15.5 oz. (458ml) butter beans or lima beans 3 tbsp. olive oil or neutral oil 3 tbsp. red wine vinegar (can sub apple cider) 1/2 tsp crushed red pepper flakes 1 tsp kosher salt 1 tsp black pepper</p> <p><i>Toss beans in marinade, can be marinated for up to 5 days Cover and chill</i></p> <p><b>Massaged Kale</b> Remove ribs and stems from a large bunch of curly kale, tear into bite sized pieces and place in a medium bowl. Drizzle in olive oil or a neutral oil and season with oil. Toss and massage gently with hands to soften.</p> <p><b>Choice of Grains (Faro, Barley, wheat berries etc.)</b> Cook as per instructions</p> <p><b>Tahini-Ranch Dressing</b> <a href="https://www.bonappetit.com/recipe/tahini-ranch-dressing">https://www.bonappetit.com/recipe/tahini-ranch-dressing</a></p> <p>1/4 cup plus 2 tablespoons fresh lemon juice 1/4 cup plus 2 tablespoons tahini 1/4 cup extra-virgin olive oil 2 tablespoons white miso 2 teaspoons pure maple syrup or agave nectar 1 1/2 teaspoons onion powder 1/2 teaspoon garlic powder</p>

	<p>Kosher salt, freshly ground pepper  <b>RECIPE PREPARATION</b>                  Purée lemon juice, tahini, oil, miso, maple syrup, onion powder, garlic powder, and ½ cup water in a blender until smooth. Season with salt and pepper.</p> <p>Do Ahead: Dressing can be made 5 days ahead. Cover and chill.</p>
<p><i>Snack</i>  <i>Yogurt with crumbled Graham Crackers and mixed berries</i></p>	<p><i>Yogurt (your choice Greek, plain, vanilla etc.)</i>  <i>Graham Crackers – crushed about a ¼ cup</i>  <i>Mixed berries or your choice – Frozen or fresh</i></p>
<p><i>Dinner</i>  <i>Crispy eggs over grains</i></p>	<p><a href="https://www.bonappetit.com/recipe/crispy-eggs-over-grains">https://www.bonappetit.com/recipe/crispy-eggs-over-grains</a>  <b>INGREDIENTS</b></p> <p>¾ cup whole grains, such as freeze, faro, rye berries, and/or barley                  Kosher salt                  3 Tbsp. ghee or extra-virgin olive oil, divided                  1 shallot, sliced into rings                  2 garlic cloves, crushed                  1 ½" piece ginger, peeled, finely grated                  1 tsp. mustard seeds                  ½ tsp. ground turmeric                  2 Persian cucumbers, thinly sliced                  1 Tbsp. fresh lime juice                  2 large eggs                  Cilantro leaves and lime wedges (for serving)</p> <p><b>RECIPE PREPARATION</b></p> <p><u>Cook grains</u> in a small pot of boiling salted water until al dente. Drain and let cool in a medium bowl.                  Meanwhile, melt 2 Tbsp. ghee in a small nonstick skillet over medium heat. Add shallot and garlic and cook, stirring occasionally, until shallot is beginning to brown and crisp around edges, 5–6 minutes. Remove from heat and stir in ginger, mustard seeds, and turmeric. Let cool slightly. Season with salt. Add cucumbers and half of shallot mixture to grains and toss to combine. Add lime juice; season with salt. Transfer grain mixture to a medium bowl. Wipe out skillet. Heat remaining 1 Tbsp. ghee in skillet over medium-high. Add eggs and cook, undisturbed, until very deeply browned underneath, 2–3 minutes; season with salt. Carefully turn (if desired) and cook until all of the whites are opaque, about 5 seconds.                  Divide grains between bowls. Top with eggs, remaining shallot mixture, and cilantro. Serve with lime wedges for squeezing over.</p>

<b>Unit Planning Framework</b>	
<p><b>Inquiry / Title Question:</b> You are what you eat - Meal Planning and Canada’s New Food Guide</p>	<p><b>Unit Summary:</b> You will be asked to try and develop a meal plan, using food you have available to you, using the “new Canada’s food guide” to assist in your planning.</p> <p>You are being asked to tell me the story of your process, how you chose the recipes you picked out. Does it have emotional significance? Is it your favorite meal? How do you feel about the new food guide? How hard - or - how easy was it to find recipes and meals that fit in with the food guide? How did you feel about preparing the meal? Eating it? How did you feel afterwards?</p>
<b>Focus on Curricular Competencies:</b>	
<p><b>Subject Area:</b>  English Health</p>	<p style="text-align: center;"><b>Big Idea or Curricular Course Competencies</b></p> <p><b>Big Ideas English 8/9:</b></p> <ul style="list-style-type: none"> <li>• <i>Language and story can be a source of creativity and joy.</i></li> <li>• <i>Exploring <b>stories</b> and other <b>texts</b> helps us understand ourselves and make connections to others and to the world.</i></li> </ul> <p><b>Competencies:</b></p> <ul style="list-style-type: none"> <li>• <i>Use writing and design processes to plan, develop, and create engaging and meaningful literary and informational texts for a variety of purposes and audiences.</i></li> <li>• <i>Use an increasing repertoire of conventions of Canadian spelling, grammar, and punctuation</i></li> <li>• <i>Transform ideas and information to create original texts.</i></li> </ul> <p><b>Big Ideas Health 8/9</b></p> <ul style="list-style-type: none"> <li>• Healthy choices influence our physical, emotional, and mental well-being.</li> </ul> <p><b>Competencies:</b></p> <ul style="list-style-type: none"> <li>• Identify and apply strategies to pursue personal healthy-living goals</li> <li>• Reflect on outcomes of personal healthy-living goals and assess strategies used</li> </ul>