

Snack Talk

Curriculum Based Lesson Plans: K-3

Objective of Activity

To have students learn about snacks from Canada's food guide.

Teacher Background Information

- Canada's food guide
www.canada.ca/FoodGuide

Material Required

- Paper, scissors, flyers and magazines, or internet-available clip art.

Instructions

1. Feature a discussion about snacks from Canada's food guide.
2. Ask students to make a picture of a snack from Canada's food guide. They can draw a picture or cut pictures out of a magazine or grocery store flyer. Students can then talk about their snack.
3. The snack pictures could then be used to make a book full of snack ideas!



Essential partners
in health

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