

# Instructions

Go to

**[www.menti.com](https://www.menti.com)**

Enter the code



Or use QR code





# Healthy Eating





# What does healthy eating mean to you?

eating healthy

eating vegetables

being fit and looking better and better health

getting fit

Eat vegetable

eat good foods

eating a good choice of food instead of junk.  
it is better to eat healthy

Heathy meaning meaning never having to  
worry about are health

eating fruits and veggies



# What does healthy eating mean to you?

eating healthy is good for your your body

what healthy eating means to is like eating fruit and vegetables

good food apple

food guide

It means a lot, as it helps me and tons of other people, live healthy. That doesn't mean it's not okay to eat random stuff every once in a while you know?

eat banana

healthy eating means to me, eating fruits, vegetables keeping your body healthy and stay fit

fruits

eating good furit



# What does healthy eating mean to you?

eating fresh food and don't have to worry about your health

good food is banana

hi

you will be fresh

fd ,vbf nzdx

Healthy eating mean not having to worry too much about our health

mmmmmmmmmmmmmmmmmmmmmmmmmmmmmm  
mm

good food apple

vegetables



# What does healthy eating mean to you?

Mentimeter

hungry

like snacks

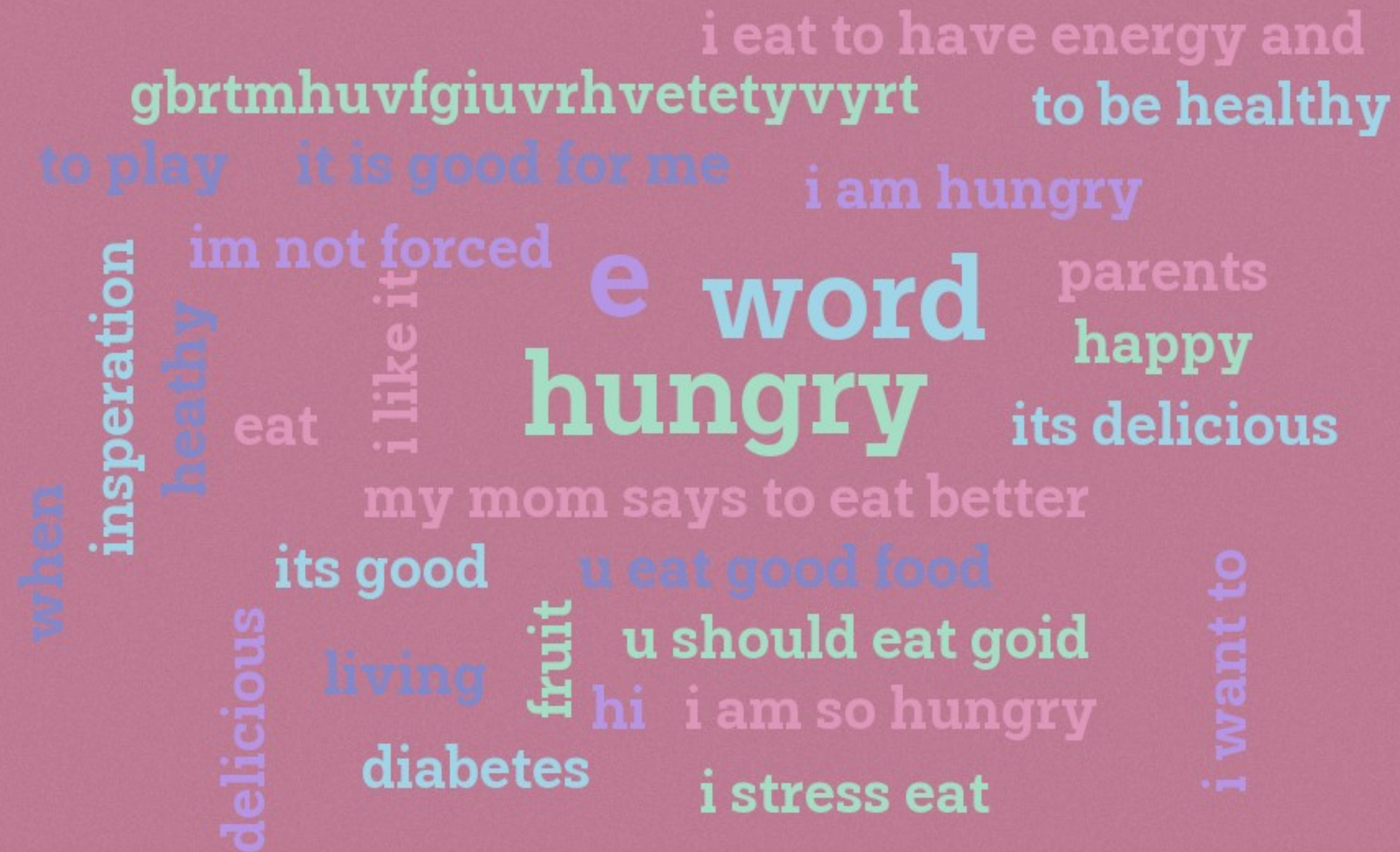
when I see a commercial

15





# What factors influence your eating habits and food choices?





# Factors that influence food choices

- Allergies and sensitivities (e.g., nuts, dairy)
- Likes and dislikes
- Emotions (e.g., stress)
- Dental health (no teeth?)
- Food availability (e.g., winter, grocery store access)
- Media influence
- Cultural influences
- School food and beverage policies
- Environmental impact (e.g., vegetarian, almond vs. oat milk)
- Cost





# Media

→ Negative influence:

[https://www.youtube.com/watch?v=xk\\_hkdGf1tc&t=111s](https://www.youtube.com/watch?v=xk_hkdGf1tc&t=111s)

<https://www.youtube.com/watch?v=D2LvrrhqAPWU&t=1s>

→ Positive influence:

<https://www.youtube.com/watch?v=D2LvrrhqAPWU&t=1s>

<https://www.youtube.com/watch?v=D2LvrrhqAPWU&t=1s>





# Where do you go to get information on healthy eating?

google

google

google

idk

yes

store

apps hiii

family

Doctor



# Where do you go to get information on healthy eating?

Yahoo

parents

Bing

store

Edge

google lolololol

Friends

doctor hiii

farm



# Where do you go to get information on healthy eating?

Parents, Google, Food Guide

safri

oof

a doctor

google

Ms difender

cwsach

school

safari



# Where do you go to get information on healthy eating?

friends

tv carmharshels

Your wellcome

farm

oof

google

youtube and google and from home and in store and food doctor and  
rthmogoieurthmgiouhrtcuightmgivwmrotwrocimwo  
ijdfowmirucwoeimmwoigrumcgboireugbomcoieruc  
ghomrijgmbcoriemcgboreiucghomuierhcg

pharmacy

tv





# Where do you go to get information on healthy eating?

doctor (an apple a day keeps the doctor away)

I ask my mother or father means my family

shugy

canda

f###

new

what

huh

wywsvgstsvsys



# Where do you go to get information on healthy eating?

new udall

canda food guide



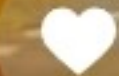
# Which source of nutrition information do you think is the best?





# Trustworthy Sources of Information

- Registered Dietitian
- Medical Doctor
- Government Sources  
(e.g., Canada's Food  
Guide)





# Canada's Food Guide

<https://food-guide.canada.ca/en/>

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



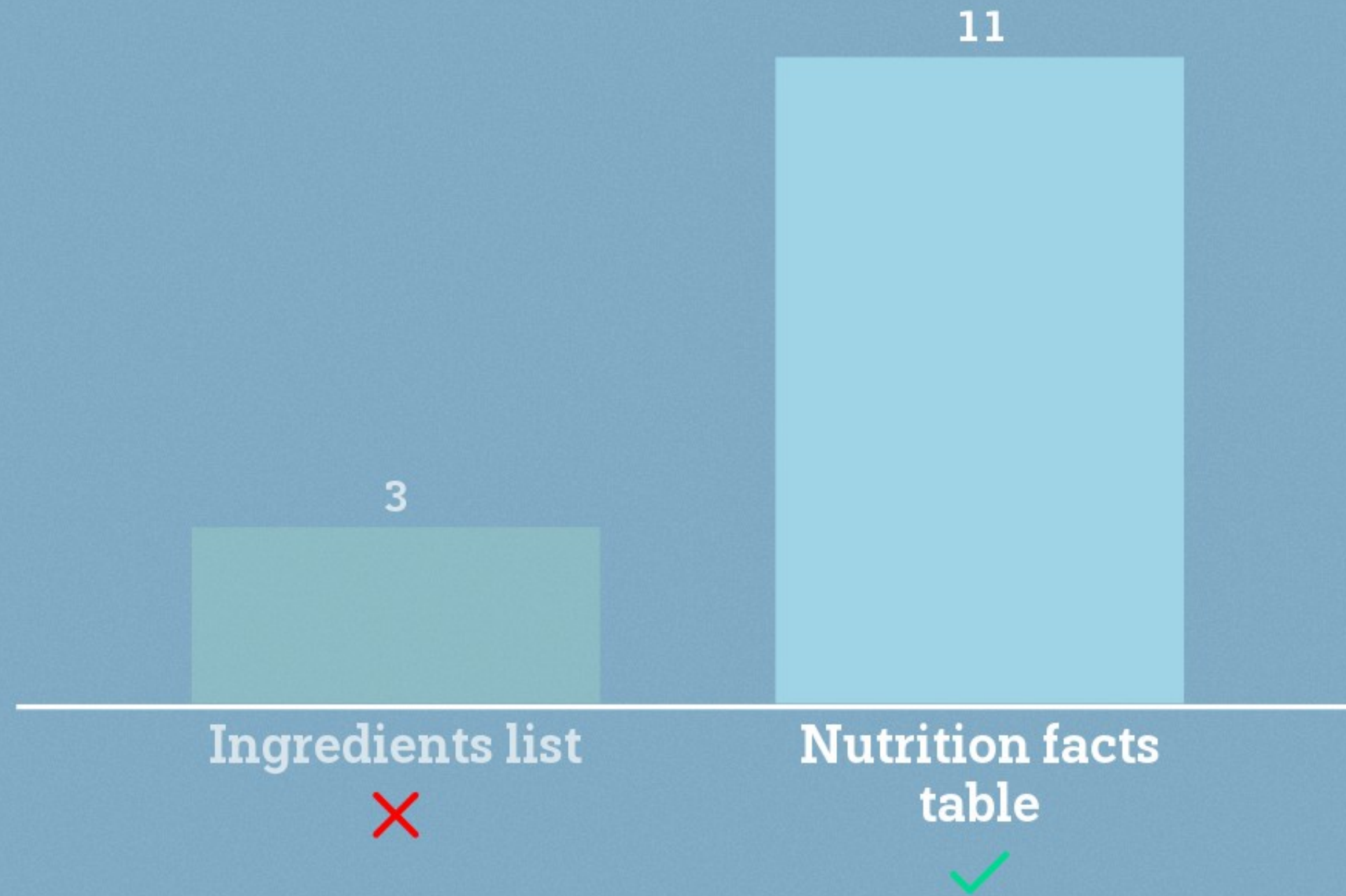
# Food Labels

- Nutrition Facts
- Ingredients
- Allergens
- Dates (e.g., "Best Before" date)
- Nutrient claims (optional)





# Where can you find information about the nutrients in food?





# What is included in the nutrition facts?

- Serving size
- Total calories
- % Daily Value (DV)
- 13 core nutrients





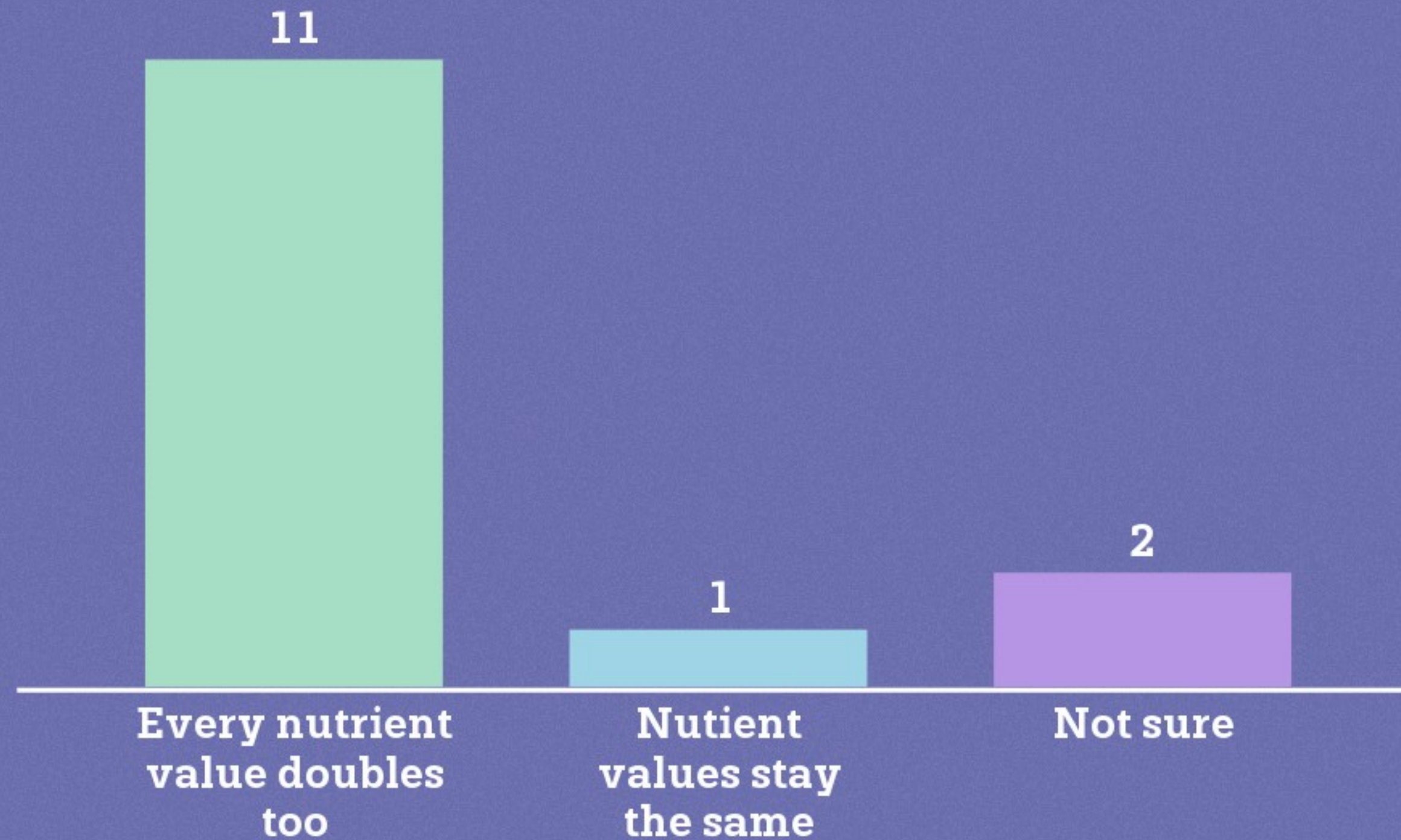
# Serving Size

The serving size tells you the quantity of food used to calculate the numbers in the nutrition facts table.





# Math time: What if the serving size is doubled?





# % Daily Value

It shows you if the serving size has a little or a lot of a nutrient:

- 5% DV or less is a little
- 15% DV or more is a lot





# Calories

- **Calories are the amount of energy in food. Nutrients that provide calories are carbohydrates, fat and protein.**
- **Your body uses the energy from calories to do all of your daily activities, from walking to talking to sleeping.**
- **If you eat more calories than you need over time, you may gain weight. If you eat less calories than you need over time, you may lose weight.**





# Energy

## Total Calories



Protein

Fat

Carbohydrates (Carbs)

- Sugar



# Task: Group Foods by Macronutrients

1. Carbohydrates
2. Fats
3. Protein







2% p.s.  
Milk

**Calories** 110 170

**% Daily Value**

**Fat** 1.5 g\* 2% 6%

Saturated 0.3 g 2% 10%  
+ Trans 0 g

**Cholesterol** 0 mg

**Sodium** 160 mg 7% 9%

**Carbohydrate** 23 g 8% 10%

Fibre 2 g 8% 8%

Sugars 9 g

**Protein** 3 g

Vitamin A 0% 6%

Vitamin C 0% 0%

Calcium 10% 25%

Iron 30% 30%





PLANT BASED  
A BASE DE PLANTES  
BONNE SOURCE DE PROTÉINES

medium firm / mi-ferme

ORGANIC - BIOLOGIQUE  
**tofu**



0 57 664 00139 1

MANUFACTURED BY  
SINOPEC SOY FOODS  
HONG KONG  
1-800-854-8888 • WWW.SOYTRONIC.COM



INGREDIENTS: Water, Organic soybeans (non-GMO), Calcium sulphate  
CONTAINS: Soy  
Allergens: Soy

5% of kids eat a little, 15% of teens & adults eat a lot  
a lot / 5% of teens & adults eat a lot / 15% of kids eat a little

Nutrition Facts Valeur nutritive	
Per 1/5 package (85 g) par 1/5 d'emballage (85 g)	
Calories 80	
Fat/Lipides 4 g	% Daily Value*
Saturated/ saturés 1.5 g	3%
Cholesterol/ Cholestérol 0 mg	0%
Sodium 4 mg	1%
Cholesterol/ Cholestérol 0 mg	0%
Sodium 4 mg	1%
Protein/ Protéines 10 g	4%
Cholesterol/ Cholestérol 0 mg	0%
Fiber/ Fibre 0 g	0%
Sugars/ Sucres 1 g	2%
Iron/ Fer 0 g	0%

22/00 - 02/22





...SKINIS  
...org - projetsansOGM.org



REFRIGERATED  
REFRIGÉRÉ



g

MANUFACTURED BY/FABRIQUÉ PAR :  
SUNRISE SOYA FOODS  
COUVER, BC V6A 1H5  
... BEAN - SUNRISE SOYA.COM

Per 1/5 package (85 g)  
pour 1/5 d'emballage (85 g)

**Calories 80** % Daily Value\*  
% valeur quotidienne\*

**Fat / Lipides 4 g** 5 %  
Saturated / saturés 1.5 g 8 %  
+ Trans / trans 0 g

**Carbohydrate / Glucides 3 g**  
Fibre / Fibres 1 g 4 %  
Sugars / Sucres 1 g 1 %

**Protein / Protéines 10 g**

**Cholesterol / Cholestérol 0 mg**

**Sodium 4 mg** 0 %

Potassium 150 mg 3 %

Calcium 125 mg 10 %

8 %

Mentimeter









# Nutrition Facts

## Valeur nutritive

Serving Size 1 Average Slice (40 g)  
Portion 1 Tranche Moyenne (40 g)

Amount	% Daily Value
Teneur	% valeur quotidienne

**Calories / Calories 100**

**Fat / Lipides 0.5 g 1 %**

Saturated / saturés 0 g 1 %  
+ Trans / trans 0 g

**Cholesterol / Cholestérol 0 mg**

**Sodium / Sodium 160 mg 7 %**

**Potassium / Potassium 10 mg 0 %**

**Carbohydrate / Glucides 22 g 7 %**

Fibre / Fibres 1 g 6 %

Sugars / Sucres 0 g

Proteins / Protéines 4 g









# Nutrition Facts

## Valeur nutritive

Per 2 tsp (10 mL)  
pour 2 c. à thé (10 mL)

**Calories 80**

% DV\* / % VQ\*

**Fat / Lipides 9 g**

12%

Saturated / saturés 1.5 g

+ Trans / trans 0 g

8%

**Carbohydrate / Glucides 0 g**

**Protein / Protéines 0 g**

Not a significant source of other

oil  
de sésame

RECOMMENDATION

STORE IN A DRY PLACE  
AWAY FROM SUNLIGHT.

STOCKER EN UN ENDROIT  
SÈCHE ET À L'ÉLOIGNÉ DU

ATTENTION

DO NOT OVERHEAT.  
REDUCE HEAT.

NE PAS SURCHAUFFER.





# Is tofu a fat, carbohydrate, or protein rich food?

